WHERE GOOD TASTE MEETS GOOD HEALTH
EatingWell®
JULY/AUGUST 2017
A CAMPFIRE S'MORES SPREAD
BLOW-YOUR-MIND FRUIT SALADS
LOBSTERS FOR A CROWD
THE SUMMER PARTY ISSUE
VEGETABLE-PACKED CASSEROLES
HOW TO GRILL LIKE A PRO
+ TURKISH COFFEE FLOATS!
PAGE 32

# Cold Brew. Make it your own.

Try ***NEW*** Gevalia Cold Brew Coffee Concentrate this summer.

**CUSTOMIZE EXACTLY TO YOUR TASTE.**

**1 PART**
Milk or Water

**1 PART**
Gevalia
Cold Brew

**ONE BOTTLE MIXES 8 DRINKS**

# Need some customization inspiration?

## GEVALIA Cookies & Cream Affogato Milk Shake

1 cup cookies and cream ice cream,
1/2 cup GEVALIA Vanilla Cold Brew Iced Coffee Concentrate,
3 Tbsp. whipped cream,
1 chocolate sandwich cookie

Blend ingredients in blender until smooth. Top with whipped cream and cookie.

## GEVALIA Cold Brew Rise & Shine Lemon Iced Coffee

1-1/4 cup water, 1/2 cup sugar,
Zest from 2 lemons, 1/8 tsp. vanilla,
3/4 cup GEVALIA House Blend Cold Brew Iced Coffee Concentrate

Mix 1/2 cup hot water with sugar, vanilla and zest to dissolve; strain. Combine 3 Tbsp. lemon syrup, 3/4 cup water and Cold Brew over ice.

## GEVALIA Iced Salted Caramel Macchiato

1-1/2 Tbsp. sugar, 1-1/2 Tbsp. water,
1/8 tsp. salt, 1/2 cup milk, Ice cubes,
3/4 cup GEVALIA Caramel Cold Brew Iced Coffee Concentrate,
3 Tbsp. whipped cream, 1 tsp. caramel ice cream topping

Combine sugar and water; microwave 30 sec. to dissolve. Mix with milk and pour over ice. Add Cold Brew slowly to layer. Top with whipped cream and caramel.


NEW

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**BRING TUSCANY TO YOUR TABLE**

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THIS PAGE: HELEN NORMAN; STYLING: FRANCES LUARD, ALISTAIR TURNBULL; ON THE COVER: PENNY DE LOS SANTOS; STYLING: NOHA SINGLEY (FOOD), PAM MORRIS (PROPS); HAND-LETTERING BY MIKE LOWERY

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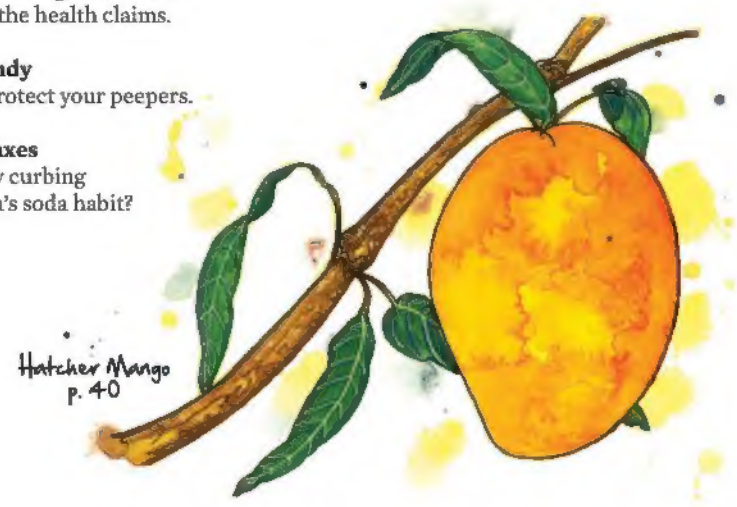


BLAINE MOATS; DREW ANTHONY SMITH; ERICA ALLEN; ILLUSTRATION BY EMMA DIBBEN

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In Burlington, Vermont, the Intervale Conservation Nursery grows native trees and shrubs from seed, to plant along waterways to reduce erosion and filter out pollutants. This spring the *EatingWell* edit team and I visited for an afternoon of volunteer work.

OLIVER PARINI

# Lakeside Summer

**My recipe for summer:** equal parts casual get-togethers and hours in the water—pool, beach, river, lake, it doesn't matter. It started when I was a kid. Just before July 4th, my family, along with two poodles, coolers, tennis rackets, fishing gear and cases of beer, piled into one Volvo station wagon. Extended family and friends all convened on the same stretch of Lake Champlain in Vermont. Boisterous evening feasts followed waterlogged days in the sun.

This issue, we deliver on both of my key ingredients—parties and water. First the parties: this issue is chock-full of ideas to fuel your fun. I love a lobster feast for a crowd—it seems over the top, but is easy to execute *(see page 68)*. Star chef Yotam Ottolenghi shares savory, flavor-bomb recipes for fruit salads on page 74. When you're ready to fire up the grill, we've got everything from Padrón peppers to pulled pork in "Sizzle Up Your Summer" on page 52. Want something to bring along to share? Fresh, vegetable-forward, modern takes on casseroles are the answer on page 60.

Now on to water. I'll be honest, water quality hasn't been something I consider when I'm making dinner. And I never thought of it as a problem in my own backyard, but rather something big and far away like the dead zone in the Gulf of Mexico or problems with the Chesapeake.

That is, until a few years ago when a particularly hot July and a few windless days spawned a bloom of potentially toxic blue-green algae close to my home on Lake Champlain. Suddenly, swimming in the lake to cool off was a dicey proposition, especially for my dog, Tricky Woo. The algae can prove fatal to dogs. I started questioning what I thought I knew about this lake. What causes blue-green algae blooms? How could this happen in such a rural, supposedly pristine state? Is Vermont's working agricultural landscape to blame? On page 80, in "Troubled Waters," James Beard Award winner Paul Greenberg examines these questions and the connection between water quality and how food is grown.

The water problems in Vermont are not isolated—they reflect what's happening around the country. And it's clear that our day-to-day choices, along with those made by our politicians and farmers, are all implicated. Although there is no one simple answer, this is clearly something we need to work together to understand and fix. After all, who can't appreciate clean, clear water, especially on a hot summer day?

Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM
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# Hello. *antioxidants.* Goodbye free radicals.

*The power of pomegranates and the polyphenol antioxidants that fight free radicals.*

**SUPER FRUIT WITH SUPER POWER.** We've all heard about antioxidants and how important they are to include in our diet through whole, natural foods. Here we take a deeper look at what makes antioxidants in pomegranates so unique.

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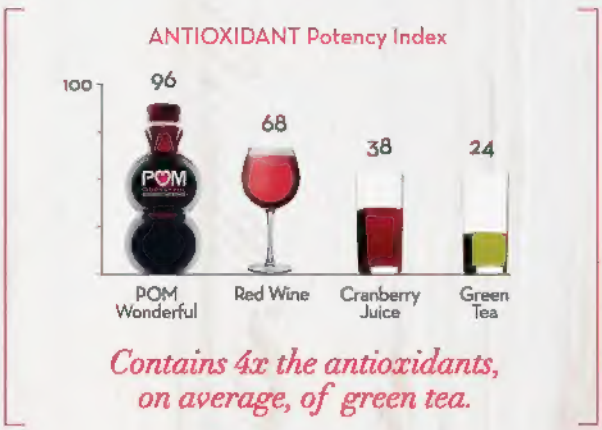


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Tex-Mex Hasselback Avocados

**1 HASSELBACK EVERYTHING**
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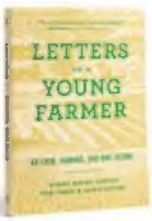
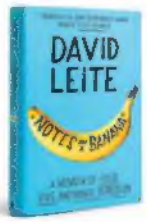
**2 MIX UP MARGARITAS**
Cool off with our refreshing (and low-sugar) summer sips. Must try: push-pop margs! **EatingWell.com/Margaritas**

**3 EAT MORE FRUITS & VEG**
Join in on our 30-day August challenge and eat well every day. **EatingWell.com/EatMoreFruitVeg**

## EDITORS' PICKS




**Letters to a Young Farmer *by Stone Barns Center for Food & Agriculture***
Leaders of the food world, such as farmer Joel Salatin, animal-science professor Temple Grandin and chef Dan Barber, share wisdom for farmers—and eaters. A reminder to support those who are brave enough to nourish us. *—Julia Westbrook, Associate Nutrition Editor*




**Notes on a Banana *by David Leite***
Step back to the '60s—Julia Child's on TV—and into Leite's Portuguese-Catholic family home. Though the James Beard Award-winning food writer gets intense and often dark in his colorful memoir (Leite lives with manic depression), his joy in life, family and food remains constant. *—Jim Romanoff, Food Editor*

**Flavor: The Science of Our Most Neglected Sense *by Bob Holmes***
Why does cake taste sweetest on white plates? How does cultural heritage impact your sense of smell? A veteran science reporter, Holmes dives into the whys of flavor and the worlds of chefs, food engineers and others whose business it is to please our palates. *—Breana Lai, M.P.H., R.D., Associate Food Editor*

THE BIG QUESTION

## What's in your picnic basket?

"A courgette and ciabatta frittata, some cherry tomatoes on the vine, a selection of cheese and a nice bottle of wine." **—Yotam Ottolenghi, chef and author. Check out his fruit salads, p.74.**

"Cold oven-fried drumsticks, homemade potato salad, veggie sticks, watermelon and made-from-scratch brownies." **Deborah Clark**

"Port-wine cheese spread, with Triscuits and celery." **Rebecca Bortner**

"A cucumber, tomato & basil salad tossed with balsamic vinegar, olive oil and flaky sea salt. Vermont Smoke & Cure summer sausage, Castelveltrano olives, cambazola cheese and a crusty ciabatta loaf." **—Stacy Fraser, *EatingWell* Test Kitchen Manager**

"The best part of a picnic: the fruit salad! My go-to has red grapes, watermelon, raspberries, strawberries and basil in it." **@kssgemper**

# 6.9

The percentage of food sold in Vermont that's grown locally. Seems low, no? And Vermont actually **leads the nation** in local-food consumption. Watch *The Local Motive*, a six-part online video series exploring the challenges of farm-to-table food: *vermontpbs.org/localmotive*

CLOCKWISE FROM TOP LEFT: JACOB FOX (STYLING: SAMMY MILA); BETTER/GETTY IMAGES; ERICA ALLEN

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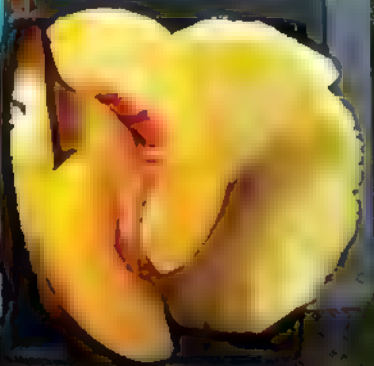
EASY HEALTHY RECIPES

# nosh

# S'moregasbord!

Summer means long days at the beach, dinner on the grill and s'mores around the campfire. Turn the page to see how we upgrade the traditional combo, plus find plenty of inspiration for cooking up summer's bounty on the pages that follow.



LEFT BENCH STYLING DAN BECKER FOOD GLEN ANDANSON PROPS

## Summer S'Mores Smash-Up

Think outside the graham cracker box! Put out a variety of crisp cookies, fresh fruits, gooey spreads and candy. (Don't forget the marshmallows!) Build a fire and see what tasty treats your friends and family come up with.

- ALMOND, COCONUT, GINGER OR LEMON THINS
- CHOCOLATE WAFERS
- GRAHAM CRACKERS (REGULAR OR GLUTEN-FREE)
- BANANA SLICES
- PEACH SLICES
- QUARTERED PINEAPPLE RINGS
- RASPBERRIES
- STRAWBERRY SLICES
- APRICOT JAM
- CANDY BARS (SUCH AS DARK CHOCOLATE OR MOUNDS)
- CHOCOLATE-HAZELNUT SPREAD
- LEMON CURD
- NATURAL PEANUT BUTTER

*Recipes at eatingwell.com/webextra*

TIGHT BEACH STYLING: DAN DEL REAL/FOOD STYLING: JENNY JENKINS/PROPS

PROMOTION

*May We Suggest*

Whatever you're baking, Enjoy Life Mini Chips are the perfect chocolatey complement. Add them to your brownie batter. Sprinkle them on top of your cupcakes. You even have permission to eat them straight from the bag. After all, they're free from gluten, GMOs and the 8 most common allergens. So you're free to enjoy them absolutely any way you like. For more tasty treats and recipe ideas, visit *EnjoyLifeFoods.com*

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enjoy life
eat freely
Permission comes in 60+ delicious varieties. See them all at enjoylifefoods.com
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## Fried Chicken Salad with Buttermilk Dressing

ACTIVE: 45 min · TOTAL: 45 min

*A blend of whole-wheat panko and fine cornmeal gives the chicken the perfect amount of crunch even though it's not deep fried.*

- 1½ cups buttermilk, divided
- 1¼ teaspoons garlic powder, divided
- 1¼ teaspoons ground pepper, divided
- ¾ teaspoon salt, divided
- 1 pound chicken tenders, halved crosswise
- ⅓ cup mayonnaise
- 3 tablespoons chopped fresh chives and/or dill
- ¾ cup whole-wheat panko breadcrumbs
- ⅓ cup fine cornmeal
- ¼ cup peanut oil
- 2 heads butter lettuce, trimmed
- 2 medium tomatoes, each cut into 8 wedges
- 1½ cups fresh corn kernels (from 2 large ears)

**1.** Combine 1 cup buttermilk, 1 teaspoon each garlic powder and pepper and ½ teaspoon salt in a shallow dish. Add chicken, turn to coat and let marinate for 15 minutes.

**2.** Meanwhile, whisk mayonnaise and chives (and/or dill) in a small bowl with the remaining ½ cup buttermilk and ¼ teaspoon each garlic powder, pepper and salt. Set aside.

**3.** Combine breadcrumbs and cornmeal in a shallow dish. Remove the chicken from the marinade and coat with the breadcrumb mixture. Discard the marinade.

**4.** Heat oil in a large nonstick skillet over medium-high heat until shimmering. Add the chicken and cook until browned on the bottom, 3 to 5 minutes. Reduce heat to medium, turn the chicken and cook until browned and an instant-read thermometer registers 165°F, 5 to 7 minutes more.

**5.** Divide lettuce, tomatoes, corn and the chicken among 4 large plates and drizzle with the reserved dressing.

**SERVES** 4 3 cups salad, 4 pieces chicken & ½ cup dressing each

**CAL** 536 / **FAT** 32G (SAT 6G) / **CHOL** 72MG / **CARBS** 34G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 31G / **FIBER** 5G / **SODIUM** 543MG / **POTASSIUM** 819MG.

**HOME FRY**
Compared to a typical restaurant fried chicken salad, you'll save over 300 calories just by pan-searing the chicken and crafting a skinnier creamy dressing.

**SALADS THAT SATISFY** Get more dinner-salad recipes at eatingwell.com/webextra



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**THE WHOLE PACKAGE**

In a recipe as simple as this, using the tastiest possible ingredients is key. That's why we opt for the richer flavor of whole-milk ricotta over part-skim.

## Two-Cheese Fusilli with Marinated Tomatoes

**ACTIVE:** 35 min **TOTAL:** 35 min

*Pair with a big green salad and a bottle of chilled rosé for a summer meal on the deck.*

- 4 cups chopped tomatoes (1½ pounds)
- 2 tablespoons red-wine vinegar
- 2 cloves garlic, minced
- ½ teaspoon salt
- 8 ounces whole-wheat fusilli
- 1 cup finely diced fontina cheese
- ½ cup whole-milk ricotta cheese *(see Tip, above)*, at room temperature
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil
- ¼ cup thinly sliced fresh basil
- Freshly ground pepper to taste

**1.** Put a large pot of water on to boil.
**2.** Combine tomatoes, vinegar, garlic and salt in a large bowl. Set aside to marinate.
**3.** Cook pasta according to package directions. Reserve ½ cup pasta water, then drain. Immediately return the pasta to the pot. Add fontina and the reserved cooking liquid; stir constantly until the cheese is melted. Fold in ricotta. Transfer to a serving bowl or individual pasta bowls.
**4.** Using a slotted spoon, spoon the marinated tomatoes over the pasta. (Discard the marinating liquid.) Drizzle with oil and top with basil and a generous grinding of pepper

**SERVES 4:** 1¾ cups each

**CAL** 500 / **FAT** 25G (SAT 10G) / **CHOL** 54MG / **CARBS** 52G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 22G / **FIBER** 7G / **SODIUM** 377MG / **POTASSIUM** 619MG.

**EAT LESS MEAT** Get a month's worth of vegetarian dinner recipes at eatingwell.com/webextra

BLAINE MOATS, STYLING; SUE HUSS, FOOD; SUE MITCHELL, PROPS; ILLUSTRATION BY EMMA DIBBEN

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## Honey-Paprika-Glazed Steak & Onions

**ACTIVE:** 30 min. **TOTAL:** 30 min
**EQUIPMENT:** Metal skewers

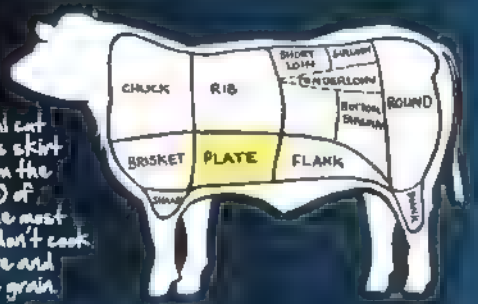
*We love the flavor of grilled onions with the steak but skewer up any veggies in your fridge begging to be cooked—zucchini, cherry tomatoes and eggplant are all good choices. Just adjust the cooking time as necessary.*

- 2 tablespoons honey
- 1 teaspoon smoked paprika
- 1-1¼ pounds skirt steak (see *Tip*, below), trimmed
- 2 medium red onions, sliced into ½-inch-thick rings
- Fresh parsley for garnish

1. Preheat grill to medium-high.
2. Microwave honey in a small bowl on High for 10 seconds. Stir in paprika, 1 tablespoon extra-virgin olive oil, ¾ teaspoon kosher salt and ½ teaspoon pepper. Brush on both sides of steak. Thread onion slices onto skewers. Brush the onions with 2 tablespoons extra-virgin olive oil and sprinkle with pepper to taste.
3. Grill the steak and onions, turning once, 6 to 7 minutes total for medium-rare steak, 12 minutes total for lightly charred and tender onions. Transfer the steak to a clean cutting board to rest for 5 minutes, then thinly slice against the grain. Serve with the onions. Garnish with parsley, if desired.

**SERVES** 4: 3 oz. steak & ½ cup onions each

**CAL** 350 / **FAT** 21G (SAT 5G) / **CHOL** 78MG / **CARBS** 14G / **TOTAL SUGARS** 11G (ADDED 9G) / **PROTEIN** 26G / **FIBER** 1G / **SODIUM** 415MG / **POTASSIUM** 365MG.




The thin, flavorful cut of meat known as skirt steak comes from the diaphragm (plate) of the animal. For the most tender results, don't cook past medium-rare and cut it across the grain.

**GIMME FIVE** Find more 5-ingredient dinners at eatingwell.com/wabextra

BLAINE MOATS, STYLING; SUE HISS, FOOD; SUE M. TCHELL (PROPS); ILLUSTRATION BY EMMA D. BEEN

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# Un-Baked Beans

If you're a fan of slow-cooked oven-baked beans, give this quicker stovetop version a whirl. We slashed more than half the sugar and three-quarters of the sodium—and a few hours of cooking time—as compared to a traditional recipe. Try classic New England style or one of our other flavor combos.

**1 Build Your Base**

*Baked beans start with sweet, caramelly sautéed onions. We love the smoky, salty flavor bacon adds, but every version is delicious without it too.* Heat 3 Tbsp. **canola oil** in a large saucepan over medium-high heat. Add 1 finely chopped large **onion** and 4 slices chopped **bacon**, if desired. Cook, stirring occasionally, until browned, 6 to 10 minutes.

**2 Pick a Flavor**

*Add the rest of the ingredients and let the beans simmer to thicken the sauce and meld the flavors.* Add three 15-ounce cans of no-salt-added **navy or great northern beans** (rinsed), 1½ cups **water**, ¾ cup **ketchup**, ½ tsp. each **salt** and **pepper** along with a **Flavor Combo** *(right)*. Bring to a boil over high heat. Reduce heat to a simmer and cook, stirring occasionally, until the beans are very tender and the liquid has thickened, about 30 minutes.

**FLAVOR COMBOS**

**New England Baked Beans**
- ⅓ cup pure maple syrup
- 1 tablespoon cider vinegar
- 1 teaspoon dry mustard

**Curried Baked Beans**
- ⅓ cup molasses
- 1 tablespoon lime juice
- 1 teaspoon curry powder

**Five-Spice Baked Beans**
- ⅓ cup honey
- 1 tablespoon rice vinegar
- 1 teaspoon Chinese 5-spice powder

**Sweet & Spicy Baked Beans**
- ⅓ cup brown sugar
- 1 tablespoon white vinegar
- 1 teaspoon minced chipotle pepper in adobo

**ACTIVE:** 25 min **TOTAL:** 55 min
**TO MAKE AHEAD:** Refrigerate for up to 3 days.

**SERVES 10:** ½ cup each
**NUTRITION INFO:** PAGE 102

BLAINE MOATS, STYLING; STEVE MITCHELLE PHOTO

**GET IT**

**White gazpacho is typically made with water. Swapping almondmilk for water adds another layer of nuttiness. Look for unsweetened varieties of Almond Breeze.**

SPONSORED BY BLUE DIAMOND ALMOND BREEZE ALMONDMILK

## Cucumber-Almond Gazpacho

**ACTIVE:** 20 min **TOTAL:** 2 hrs 20 min (including 2 hrs chilling time)
**TO MAKE AHEAD:** Refrigerate diced vegetables (Step 1) and gazpacho (Step 2) separately for up to 1 day.

***Not all gazpachos are red. This one is inspired by Andalusian white gazpacho made with grapes. We used yellow bell pepper instead for more savory results.***

- 2 English cucumbers, divided
- 2 cups chopped yellow bell pepper, divided
- 2 cups 1-inch pieces crustless country-style whole-wheat bread
- 1½ cups unsweetened almondmilk
- ½ cup toasted slivered almonds, divided
- 5 teaspoons extra-virgin olive oil, plus more for garnish
- 2 teaspoons white-wine vinegar
- 1 clove garlic
- ½ teaspoon salt

**1.** Dice enough unpeeled cucumber to equal ½ cup and combine with ½ cup bell pepper; refrigerate.
**2.** Peel the remaining cucumbers and cut into chunks. Working in two batches, puree the peeled cucumber, the remaining bell pepper, bread, almondmilk, 6 tablespoons almonds, oil, vinegar, garlic and salt in a blender until smooth. Transfer to a large bowl and refrigerate until chilled, at least 2 hours and up to 1 day.
**3.** To serve, garnish with the remaining 2 tablespoons almonds and the reserved vegetables. Drizzle with a little oil, if desired.

**SERVES 5:** 1 cup each

**CAL** 201 / **FAT** 12G (SAT 1G) / **CHOL** 0MG / **CARBS** 19G / **TOTAL SUGARS** 5G (ADDED 1G) / **PROTEIN** 6G / **FIBER** 4G / **SODIUM** 357MG / **POTASSIUM** 435MG

**CHILL OUT** Find 10 more ways to make gazpacho at eatingwell.com/webextra

BLAINE MOATS, STYLING SUE BOSSERT, FOOD SUE MITCHELL, PROPS

THE BEST ALMONDS
BLUE DIAMOND
MAKE THE BEST ALMONDMILK
Vanilla
Almond Breeze
30

## Grilled Eggplant with Sumac Aioli

**ACTIVE:** 20 min **TOTAL:** 20 min

***The tart ground berries of the sumac bush are often used to garnish Middle Eastern dishes.***

- 3 tablespoons extra-virgin olive oil, divided
- 1 clove garlic, minced
- 1½ teaspoons sumac, divided
- ¼ cup mayonnaise
- 2 small *or* 1 large eggplant (1¼-1½ pounds total), sliced into ½-inch-thick rounds
- ¼ teaspoon salt
- 4 lemon wedges
- ¼ cup chopped fresh cilantro

**1.** Preheat grill to medium-high.
**2.** Heat 1 tablespoon oil in a small skillet over medium heat. Add garlic and 1 teaspoon sumac; cook, stirring, until fragrant, about 1 minute. Transfer to a small bowl; whisk in mayonnaise.
**3.** Toss eggplant with the remaining 2 tablespoons oil in a large bowl. Season with salt and the remaining ½ teaspoon sumac. Grill the eggplant and lemon wedges, cut-side down, turning once, until tender, 5 to 6 minutes total.
**4.** Transfer the eggplant to a serving platter. Squeeze the grilled lemon over it. Sprinkle with cilantro. Serve with the sumac aioli.

**SERVES 4:** 5 eggplant slices & 1 Tbsp. sauce each

**CAL** 226 / **FAT** 21G (SAT 3G) / **CHOL** 6MG / **CARBS** 9G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 4G / **SODIUM** 356MG / **POTASSIUM** 342MG

## Smashed Cucumber Salad with Lemon & Cumin

**ACTIVE:** 15 min **TOTAL:** 15 min
**TO MAKE AHEAD:** Refrigerate for up to 1 day.

***Don't skip salting the cucumbers—just 10 minutes pulls out some of their excess moisture, concentrating the flavor and keeping the salad from being watered down.***

- 2 English cucumbers, cut into thirds
- ½ teaspoon salt
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon ground cumin
- ½ teaspoon ground pepper

**1.** Place cucumbers on a cutting board and cover with a paper towel or clean kitchen towel. Smash with a meat mallet or heavy pot until they start to break apart. Tear into bite-size pieces and place in a colander; sprinkle with salt and stir. Let stand 10 minutes.
**2.** Meanwhile, whisk lemon juice, oil, cumin and pepper in a medium bowl.
**3.** Shake the cucumbers in the colander to drain any liquid. Turn the cucumbers out onto a clean kitchen towel and pat dry. Add the cucumbers to the dressing and toss to coat.

**SERVES 4:** ¾ cup each

**CAL** 81 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 4G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 2G / **SODIUM** 73MG / **POTASSIUM** 224MG.

## Grilled Summer Vegetable Salad

**ACTIVE:** 25 min **TOTAL:** 25 min

***Enjoy this simple summer salad alongside anything else you feel like throwing on the grill. Or toss it with pasta and plenty of Parmesan and call it dinner.***

- 2 ears corn, husked
- 2 large bell peppers, quartered
- 2 cups baby zucchini (8 ounces)
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 tablespoon red-wine vinegar
- 2 tablespoons chopped fresh oregano

**1.** Preheat grill to medium-high.
**2.** Toss corn, peppers and zucchini with 2 tablespoons oil, salt and pepper in a large bowl.
**3.** Oil the grill rack. Grill the vegetables, turning often, until lightly charred and tender, about 6 minutes for the peppers and zucchini and about 8 minutes for the corn.
**4.** Coarsely chop the peppers into 1-inch pieces. Cut the zucchini in half. Cut the corn kernels from the cobs. Transfer the vegetables to a serving dish. Drizzle with vinegar and oregano and the remaining 1 tablespoon oil.

**SERVES 5:** ¾ cup each

**CAL** 135 / **FAT** 9G (SAT 1G) / **CHOL** 0MG / **CARBS** 12G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 242MG / **POTASSIUM** 444MG.

BLAINE MOATS, STYLING; SUE BOSS; PROP STYLING: JODY ELLE; PROPS

# AMERICA'S #1
## VEGGIE BURGER

GRILL IT TO BELIEVE IT

Find us in the freezer aisle.




Source: MSF Spicy Black Bean, Nielsen xAOC Units Sold Cal Yr 2016

## Slow-Cooker Vietnamese Pulled Chicken

**ACTIVE:** 30 min **TOTAL:** 3½-6½ hrs
**TO MAKE AHEAD:** Refrigerate for up to 3 days
**EQUIPMENT:** 6-quart slow cooker

*Busy week coming up? Cook up these poached chicken breasts infused with the flavors of the ubiquitous Vietnamese sauce nuoc cham in your slow cooker on Sunday. Then enjoy it three different ways over the days to come—ladled with the broth over rice noodles, layered with vegetables on a sandwich and mixed with mayo to make a creamy chicken salad.*

- 3 cups low-sodium chicken broth
- 3 shallots, very thinly sliced
- ¼ cup fish sauce
- 2 tablespoons packed light brown sugar
- 2-4 Thai chiles, very thinly sliced, or 1 teaspoon crushed red pepper
- 2 teaspoons lime zest
- 4-4½ pounds skin-on, bone-in chicken breasts
- 2 cups julienned or grated carrots
- ⅓ cup lime juice
- ⅓ cup sliced fresh mint
- ⅓ cup sliced fresh basil

1. Combine broth, shallots, fish sauce, brown sugar, chiles (or crushed red pepper) and lime zest in a 6-quart slow cooker. Nestle chicken meat-side down in the broth. Cook on High for 3 hours or Low for 6 hours.
2. Remove the chicken to a clean cutting board. Discard the skin and shred the meat. Return the chicken to the slow cooker and stir in carrots, lime juice, mint and basil.

**SERVES** 12 ▪ 1 cup each

**CAL** 157 / **FAT** 3G (SAT 1G) / **CHOL** 60MG / **CARBS** 8G / **TOTAL SUGARS** 4G (ADDED 2G) / **PROTEIN** 24G / **FIBER** 1G / **SODIUM** 482MG / **POTASSIUM** 342MG.

**GO FISH**
Look for pungent fish sauce, made from salted fermented fish, with other Asian ingredients. We use Thai Kitchen fish sauce in our nutritional analyses—it's widely available and lower in sodium than other brands.

**SUMMER SLOW COOKER** Get 25+ summer crock pot recipes at eatingwell.com/webextra

BLAINE MOATS & STACEY SEWELL; FOOD STYLING BY EMILY HALL; PROPS STYLING BY EMMA CRAIG

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5 OZ. RED WINE / 120 CAL

# Club Med

Full of veggies, whole grains, olive oil, fish and nuts, this 1,800-calorie meal plan is based on the Mediterranean diet—a way of eating that research shows helps keep chronic disease at bay.

**BREAKFAST / 362 CAL**
**Artichoke & Egg Tartine**
Sauté ½ cup finely chopped thawed frozen **artichoke hearts** in 1 tsp. **olive oil** with 1 sliced **scallion**, ¼ tsp. dried **oregano** and ⅛ tsp. **pepper** until hot. Serve with 2 **eggs** on 1 slice **whole-wheat toast**, with ¾ cup **raspberries**.

**A.M. SNACK / 208 CAL**
**Fig & Honey Yogurt**
⅔ cup **low-fat plain yogurt**, 3 sliced **dried figs** and 2 tsp. **honey**.

**LUNCH / 472 CAL**
**Hummus & Greek Salad**
Toss 2 cups **arugula** with ½ cup each **cherry tomatoes** and **cucumber**, 1 Tbsp. **red onion**, 1½ Tbsp. **olive oil**, 2 tsp. **red-wine vinegar** and ⅛ tsp. **pepper**. Top with 1 Tbsp. **feta cheese**. Serve with a 4-inch **whole-wheat pita**, ¼ cup **hummus** and ½ cup **mango**.

**P.M. SNACK / 180 CAL**
¼ cup raw **almonds**

**DINNER / 450 CAL**

## Lemon-Herb Salmon with Caponata & Farro

**ACTIVE:** 30 min **TOTAL:** 50 min

***Dig into your farmers' market haul to cook this colorful meal. And enjoy a glass of red wine, a hallmark of the Mediterranean diet.***

- 2 cups water
- ⅔ cup farro
- 1 medium eggplant, cut into 1-inch pieces
- 1 red bell pepper, cut into 1-inch pieces
- 1 summer squash, cut into 1-inch pieces
- 1 small onion, cut into 1-inch pieces
- 1½ cups cherry tomatoes
- 3 tablespoons extra-virgin olive oil
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoon capers, rinsed and chopped
- 1 tablespoon red-wine vinegar
- 2 teaspoons honey
- 1¼ pounds wild salmon *(see Tip, below)*, cut into 4 portions
- 1 teaspoon lemon zest
- ½ teaspoon Italian seasoning
- Lemon wedges for serving

**1.** Position racks in upper and lower thirds of oven; preheat to 450°F. Line 2 rimmed baking sheets with foil and coat with cooking spray.

**2.** Bring water and farro to a boil in a saucepan. Reduce heat to low, cover and simmer until just tender, about 30 minutes. Drain if necessary.

**3.** Meanwhile, toss eggplant, bell pepper, squash, onion and tomatoes with oil, ½ teaspoon salt and ¼ teaspoon pepper in a large bowl. Divide between the prepared baking sheets. Roast on the upper and lower racks, stirring once halfway, until the vegetables are tender and starting to brown, about 25 minutes. Return them to the bowl. Stir in capers, vinegar and honey.

**4.** Season salmon with lemon zest, Italian seasoning and the remaining ¼ teaspoon each salt and pepper and place on one of the baking sheets. Roast on the lower rack until just cooked through, 6 to 12 minutes, depending on thickness. Serve the salmon with the farro, vegetable caponata and lemon wedges.

**SERVES 4:** 4 oz. salmon, 1 cup caponata & ½ cup farro each

**CAL** 450 / **FAT** 17G (SAT 3G) / **CHOL** 66MG / **CARBS** 41G / **TOTAL SUGARS** 12G (ADDED 3G) / **PROTEIN** 35G / **FIBER** 8G / **SODIUM** 562MG / **POTASSIUM** 1,109MG.

**TIP:** Most wild salmon—and now some farmed—is considered a sustainable choice. Get more info about sustainable seafood *seafoodwatch.org*.

**GET A PLAN** Take the guesswork out of meal planning at eatingwell.com/webextra

BLAINE MASS STUDIO; STYLING: SUE MITCHELL FOODS: INSET BERRIES: LACAUSA/GETTY IMAGES

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# Fun Games Your Kids Won't Understand This Summer

BY KIMBERLY HARRINGTON

No doubt about it, summer is the best season for road trips, beach weekends, grilling and so much more. And while there are all kinds of classic games that every kid knows, why not introduce them to some lesser-known games only a mother—or father—could love?

- When I Said Wash Up Before Bed I Meant Go Jump Through the Sprinkler and Call It Good
- "Can It Be Grilled?" The I Don't Want to Spend Any Time in the Kitchen Game!
- Don't Question It! We Use Three Different Cutting Boards for Every Meal the Rest of the Year But Here at the Beach We're All Eating Sandwiches and Grapes Cross-Contaminated with Sunscreen, Sand, and What is THAT?!
- Have You Heard of the New Version of 'Punch Buggy'? It's Called 'As Silent As a Cemetery' and We'll Be Playing It in This Car for the Next 5 to 6 Hours It's Gonna Be Great
- "Why Is This Cheese Crunchy?" "Why Are the Crackers Soggy?": The Which Bag or Container Failed Me This Time Game
- Bring These Tomatoes and Zucchini with You on Your Playdate, No Just Bring Them, No Her Mom Didn't Ask for Any Just Bring Them Don't Ask Any More Questions
- Naming the Lobsters Was a Big Mistake Last Summer, Let's Not Do That Again
- If You Don't Think Summer Is Magic Then Ask Yourself Why I Wouldn't Let You Take a Granola Bar with Chocolate Chips to School for a Snack But Suddenly a Bucket of Fries and an Ice Cream Soda Bigger Than Your Head Is a Perfectly Acceptable Lunch Option

**Kimberly Harrington** *is the co-founder and editor of the parenting humor website* RAZED *and a frequent contributor to* McSweeney's. *She lives in Vermont.*

## Crispy Cod Sandwich

**ACTIVE:** 30 min **TOTAL:** 30 min

***Dear Kimberly, Unfortunately, this loses the "Can It Be Grilled?" game. Maybe you should get your husband to make this one... —The EatingWell Test Kitchen***

- 1 large egg white
- 2¼ cups cornflakes, crushed
- 1 pound cod, cut into 4 pieces
- 1 teaspoon garlic powder
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- Olive oil cooking spray
- ⅓ cup mayonnaise
- 2 tablespoons dill pickle relish
- 4 whole-wheat hamburger buns
- Lettuce, carrots, cucumbers, radishes, cabbage, bell peppers *and/or* tomatoes for serving

**1.** Preheat oven to 425°F. Line a baking sheet with foil, p ace a wire rack on it and coat with cooking spray

**2.** Whisk egg white in a shallow dish until frothy. Place cornflakes in another shallow dish. Sprink e cod with garlic powder, pepper and salt. Dredge the cod in egg white, shaking off any excess, then coat with cornflakes, pressing to help them stick. Place on the prepared rack. Coat the top and sides of the fish with cooking spray

**3.** Bake the fish until golden brown and an instant-read thermometer inserted in the thickest part registers 145°F, 15 to 20 minutes

**4.** Combine mayonnaise and relish in a small bowl. Serve the fish on buns with some of the sauce and vegetables.

**SERVES 4:** 1 sandwich each

**CAL** 343 **FAT** 16G (SAT 3G) / **CHOL** 52MG / **CARBS** 30G / **TOTAL SUGARS** 5G (ADDED 2G) / **PROTEIN** 20G / **FIBER** 4G / **SODIUM** 724MG / **POTASSIUM** 442MG.

BLAINE MOATS, STYLING; SUE BOSSERT, FOOD STYLING; PHILL PROPS

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## Turkish Coffee Float

**ACTIVE:** 5 min **TOTAL:** 5 min

*This bracing drink packs a punch reminiscent of the notorious Turkish brew where the grounds are boiled right in the coffee. A pinch of cardamom adds a little Middle Eastern flavor.*

- ½ cup cold-brew coffee concentrate
- ½ cup plain seltzer
- ½ cup vanilla low-fat frozen yogurt
- Ground cardamom or cinnamon to taste

Pour coffee concentrate and seltzer into a glass. Top with frozen yogurt and a pinch of cardamom (or cinnamon).

**SERVES 1:** 1¼ cups

**CAL** 112 / **FAT** 1G (SAT 1G) / **CHOL** 5MG / **CARBS** 21G / **TOTAL SUGARS** 18G (ADDED 11G) / **PROTEIN** 4G / **FIBER** 0G / **SODIUM** 84MG / **POTASSIUM** 199MG.

**GET IT**

**Cold-brew coffee concentrate is strong, so when you add seltzer it still has plenty of rich flavor. Gevalia comes in House Blend, which is unflavored, plus Vanilla and Caramel.**



BLAINE MOATS, STYLING; SUE HOSS/FOOD STYLING; PHIL CROPP

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# Pulse Power

Red lentils are a sneaky source of plant-based protein in these smoothies. They add 3 grams more protein than an equal-size portion of nonfat plain yogurt and 4 grams more fiber than a typical serving of protein powder.

**How to Cook Red Lentils** Cook in boiling water until just tender, about 15 minutes. Drain and cool. (1 cup dry = 2½ cups cooked.) Refrigerate for up to 3 days. Or freeze in ½-cup portions for up to 3 months (thaw before using).

### Mango-Ginger

1 cup frozen mango chunks
¾ cup carrot juice
½ cup cooked red lentils, cooled
1 teaspoon chopped fresh ginger
1 teaspoon honey
Pinch of ground cardamom
3 ice cubes

### Green Protein

1 cup frozen green grapes
1 cup baby spinach
½ cup unsweetened almondmilk (plain *or* vanilla)
½ cup cooked red lentils, cooled
1 teaspoon honey
3 ice cubes

### Berry-Coconut

¾ cup unsweetened vanilla coconut milk beverage
½ cup frozen mixed berries
½ cup frozen sliced banana
½ cup cooked red lentils, cooled
1 tablespoon unsweetened shredded coconut, plus more for garnish
1 teaspoon honey
3 ice cubes

**EASY PEASY**
Blend these smoothies on high until very smooth, 2 to 3 minutes.

**SERVES 1:** 1¾ cups

NUTRITION INFO, PAGE 102

**WATCH & LEARN** how to make smoothie packs to stash in your freezer at eatingwell.com/webextra

BLAINE MOATS, STYLING; STEVE MITCHELL PHOTO

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# fresh

IDEAS FOR A BETTER MEAL

# Root on the Rise

**You may know turmeric from your favorite curry recipe or the ever-Instagrammable golden latte. Now, see where this trendy tuber grows.**

DANA EDMUNDS

**"It takes about four acres to grow 100,000 pounds of turmeric if all goes well! No mechanical equipment goes in the field after the seed is planted."**
—Hugh Johnson

Just another rainy day in paradise, says Johnson, center, in the turmeric fields harvesting turmeric by hand with his workers.

# Biker Dude Hits Gold

**Hugh Johnson, the twiggy, Hawaiian farmer who also goes by "Biker Dude," just added a new tattoo to his collection.** It celebrates his success growing turmeric. "I've been barely making a living since 1992," he says. "I would have dropped out of the game if not encouraged by the demand for turmeric in the past four or five years."

One client Johnson supplies the vibrant yellow tuber to is drink maker Temple Turmeric. In 2011 he sold them 500 pounds; for 2017, they requested about 100,000 pounds.

Johnson moved to Hawaii in the '70s to grow pot, left for a decade (and three jail stints), and returned in 1990. Farming, he thought, could keep him out of trouble. "I enjoy it, but I figured it was some kind of penance for causing my parents so much grief," he says. Now, with his business partner Dan Kelly, Johnson grows turmeric and ginger organically on a 50-acre farm on the Big Island, harvesting everything by hand.

Johnson is part of the larger turmeric wave. The number of natural food products containing turmeric jumped 14 percent from 2014 to 2016, and beverages containing turmeric leapt 77 percent, according to data from the New Hope Network.

And Johnson's new tattoo? A dragon roaring over the word turmeric on the back of his right hand. "I'm 67," he says. "Turmeric is making my last bit worthwhile, so it deserved a good tattoo."

*Lucy M Casale*

## Is Turmeric's Health Halo Legit?

This sunny spice may very well deserve its superfood status. Studies on turmeric's health benefits, particularly for inflammatory conditions, are promising, but preliminary: many focus on turmeric's active ingredient, curcumin, taken in supplement form at higher doses than you can get from food (1 tablespoon ground turmeric has about 300 mg of curcumin, and many studies used more than that). Still, the fact that this evidence keeps mounting is encouraging.

New thinking on mental health links depression to inflammation—and curcumin may help. Taking 500 to 1,000 mg of curcumin supplements daily reduced depression symptoms after four to eight weeks, concluded a 2017 review of six clinical trials. It's not a replacement for standard care, but people with mild symptoms may want to consider it with their doctor as additional treatment.

The side effects of chronically taking pain medication for arthritis can be pretty serious. Enter curcumin as hope for a holistic alternative. A report published in the *Journal of Medicinal Food* concluded that taking about 1,000 mg of curcumin from supplements daily treats arthritis almost as well as ibuprofen.

Curcumin may help put you on a path to smoother, clearer skin, reports a review in the journal *Phytotherapy Research*, because inflammation appears to play a role in acne and psoriasis. A combo treatment of a supplement containing curcumin plus a curcumin-based topical gel was found to lessen acne. Topical curcumin may also help short-circuit psoriasis, and more limited research suggests consuming curcumin may improve eczema too.

*—Jessica Migala*

■ *Consult your doctor before taking large doses of turmeric or curcumin supplements to make sure they won't interact with your medications. Curcumin is a blood thinner and should never be taken before a surgery.*

**TRY THE TREND**

**Here are 5 stand-out turmeric tonics we tasted:**
Temple Turmeric Ginger-Aid; Yogi Joint Comfort; Gaia Herbs Golden Milk; Traditional Medicinals Turmeric with Meadowsweet & Ginger; GT's Kombucha Tantric Turmeric

**SIP IT!** Make your own turmeric latte at home with our recipe at eatingwell.com/webextra

DANA ELMI, MDS, BOTTOM; ERICA ALLEN

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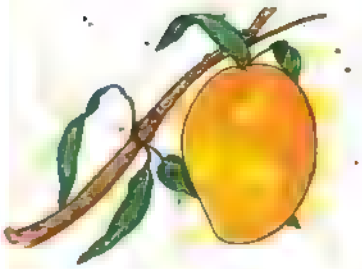
# Vehicles of Change

VISIT THREE FOOD TRUCKS PUTTING PHILANTHROPY ON THE MENU BY MICAELA YOUNG, M.S., C.P.T

**TEXAS** Can the humble grilled cheese combat global slavery? Avery Harris says yes. After a year volunteering across three continents with antislavery organizations, Harris decided to create **SAvery** (*shown here*). This all-grilled-cheese food truck in Austin donates 10 percent of sales to organizations fighting child labor, indentured servitude and sex trafficking around the world. Since the truck's 2015 launch, SAvery has donated $25,000 to nonprofits including Wipe Every Tear and International Justice Mission. Forget the typical bread-plus-cheese combo: spring and summer sandwiches feature pesto and fresh veggies, while colder months bring on chiles, sausage and bacon.

**NEW YORK** Jordyn Lexton, formerly a teacher at NYC's Rikers Island prison, saw how the harsh adult-prison conditions make it practically impossible for young inmates to set their futures straight. So, in 2014, Lexton founded **Drive Change.** It offers released 17- to 25-year-olds a one-year fellowship in its food truck to gain employment skills and confidence. "We see ourselves as a fair-chance employer, rather than a second-chance employer," says Lexton. Dishes they've served include broccoli rabe Caesar salad, spare ribs and their signature maple grilled cheese. They've worked with 22 young adults and are expanding by opening a shared food truck kitchen and garage, partnering with a fleet of over 20 food trucks.

**VERMONT** "Summer may be when kids leave behind books for bike rides, but many also leave behind a reliable source of healthy food from school meal programs," says James Hafferman, executive director of the Green Mountain Farm-to-School program. This USDA-funded organization strives to improve kids' diets with healthy, local food. All summer long, the program's **Lunchbox** truck provides free lunch to food-insecure kids three days a week in remote northeast Vermont (and has healthy options for sale for adults, too). Popular kid picks include yogurt, granola and apples, while grown-ups rave over chef salads with local eggs, ham and greens. Story time and meet-your-farmer days help attract families to the food truck, growing the number of wholesome meals served to children each summer.



## Florida's Mango Mecca

"It's like eating liquid sunshine," says Joyce Reingold, one Hatcher mango fan. Grown only at Hatcher Mango Hill farm in Lantana, Florida, this special mango variety inspires cult-like devotion. Each tree-ripened mango can weigh up to five pounds and yield several cups of candy-sweet, silky-smooth flesh with a surprisingly small pit. Enthusiasts say Hatcher mangoes offer hints of honey, peach, vanilla and jasmine. "Everybody that tastes one has a different description," says Marilynn Hatcher.

John Hatcher bred this special mango in the 1940s. His daughter-in-law Marilynn took the reins of the 3.3-acre grove of 150 trees in 2006. When the harvest begins in July, she emails her fans. Customers travel from as far away as Maine and line up every morning before the gates open. "We try to stay open until 5:00, but a lot of times we're sold out well before then," Marilynn says. How many do they pick? Too hard to say. "They sell so fast, we don't have time to count them!"

If you can't make the pilgrimage to Florida, the Hatchers ship their organic fruit all over the country until the trees are bare, typically in August or September. But put your name on the waiting list ASAP — they often run out before fulfilling all of the orders. Go to *hatchermangohill.com* for more details. —*Debbie Koenig*

DUETH ANTHONY SMITH ILLUSTRATION BY EMMA DIBBEN

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PSYCHOLOGY

## What plants are toxic to my pet?

**Lilies** are especially harmful to cats (and certain species are toxic to dogs). Even small amounts of any part of the plant can cause severe kidney problems.

**Oleanders** are shrubs with white, pink and red flowers. They contain compounds called cardiac glycosides, which can cause heart problems, hypothermia or death.

**Sago palm** grows in southern states and along the West Coast. It has a crown of shiny, dark green leaves on a thick shaggy trunk. Eating this plant can be fatal in up to 75 percent of cases. Look for neurologic changes, seizures and liver failure. Symptoms can appear within 15 minutes to 3 days. All parts are toxic, but the seeds are the most dangerous.

As **marijuana** becomes legal in more places, watch for this plant. Consumption of any part of the plant can cause mild neurologic signs (stumbling or altered mental state) or more serious complications, like seizures and even a coma.

Visit the ASPCA's website (*aspca.org*) for a full list of toxic plants.

*—Deborah Linder, DVM, DACVN, Tufts Cummings School of Veterinary Medicine*

TOP: ANDERSEN ROSS BLEND IMAGES/GETTY IMAGES; CENTER: DAK MASHLE EYEEM/GETTY IMAGES; BOTTOM: MEGAN LIEBERMAN; AUDREY MADDOX; UNIVERSITY OF MAINE; COURTESY OF MEACHAM

# How Your Brain Shops for Food

THESE THREE SUBCONSCIOUS FACTORS CAN WRECK YOUR GROCERY TRIP **BY JESSICA MIGALA**

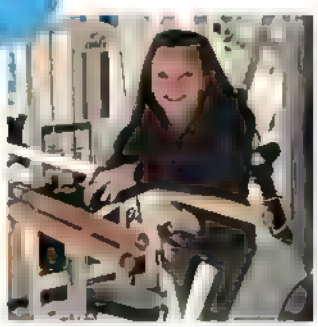
**It's Expensive** You dash into the store to grab a healthy lunch from the deli case. Which do you buy? A study in the *Journal of Consumer Research* says likely the pricier pick. When told to pick the healthier lunch, participants faced with two similar chicken wraps were more likely to opt for the more expensive one, compared to people who didn't have a health goal. This expensive-equals-healthy belief held true for granola, crackers and protein bars as well. High-cost doesn't always mean nutritious, so check the nutrition facts and ingredients.

**It Looks Lively** Look at your orange juice carton. Is there a picture of juice being poured into a glass? If so, you may find it more appealing. Compared to a still life, an action shot gives the illusion the product is fresher, found research published in *Food Quality and Preference*. This stems from an evolutionary association between movement and freshness. For example, running water is fresher than stagnant water. This logic doesn't really apply in our modern-day grocery stores, but it can still impact perception.

**It Seems Whole-Grain** Two-thirds of people say they are more likely to buy packaged foods made with whole grains, per a 2015 survey. It's a great intention, but tricky front-of-package buzzwords like "wheat," "multigrain," "cracked wheat" and "bran" can make products sound like they're made with whole grains when they aren't. To know if you're getting whole grains, read the ingredient list. Also see where the grain falls if it's low on the ingredient list, the product may not be a good source of whole grains.

## Can You Name a Scientist?

In a survey of 1,000 Americans, only 30 percent could name one, so scientists have taken to Twitter to introduce themselves and their work. Meet three of the many #ActualLivingScientists who are working to improve our health and food systems. *—Kristen A. Schmitt*



**Rachele Pojednic** "Hi, I'm Rachele. I'm an #actuallivingscientist studying the effects of physical activity & nutrition on chronic disease."

**Eric Venturini** "I'm an #actual livingscientist who studies wild #bees, their #ecology and their role in our food system."

**Katherine Meacham** "I am trying to help improve crop yield to improve food security. I am an #actual livingscientist and I ❤ what I do."

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THE TRUTH METER *By Micaela Young, M.S., C.P.T.*

| FOOD HELPS KEEP YOU HYDRATED | TART CHERRIES EASE MUSCLE PAIN | TARGET STUBBORN FAT WITH SPOT TRAINING | CUT SUGAR TO CURE A YEAST INFECTION |
|---|---|---|---|
| Having a hard time upping your $H_2O$ to beat the summer heat? While water is still your biggest hydration ally, high-water foods like cucumbers, cabbage, lettuce and celery can help stave off dehydration too. | Yes, tart cherries contain ibuprofen-like compounds called anthocyanins. But research on how this sour sip performs in humans is still mixed, and there aren't enough consistent findings to recommend a pain-relieving dose. | Crunches won't whittle your middle. If your workout burns more calories than you eat, sure, you'll lose weight, but fat isn't lost from just one spot—and where you shed it first is largely genetic. | This myth stems from the fact that women with poorly controlled diabetes are at greater risk for yeast infections. But no science—in healthy or diabetic women—shows that eliminating sugar combats *Candida* yeast growth. |

## YOU ASKED Why in the world are people eating charcoal?

Not to be confused with a briquette you throw on the barbecue—that you should never eat—activated charcoal is popping up in foods like juices, ciders and ice cream and also in supplement form. There are claims about its benefits for detoxing and easing gas. But do they have merit?

Let's start with detoxing. In an emergency, activated charcoal treats acute poisoning and drug overdoses. The charcoal binds to the poison so it doesn't get absorbed, explains Mark Olaf, D.O., emergency medicine physician in Danville, Pennsylvania. (Consult with a medical professional before using it to treat poisoning.) Some take this to mean that it helps your body eliminate everyday toxins, like pollution and processed food additives. Yet there isn't evidence to support this.

For easing gas, the theory goes that activated charcoal will bind to gas-causing compounds in food, says Kristin Kirkpatrick, M.S., R.D.N., manager of the Cleveland Clinic's Wellness Nutrition Services. Several health blogs cite one study that found that taking activated charcoal before and after ingesting a laxative decreased gas. But it's from over 30 years ago, and there's no larger body of research to back it up. "One study is not going to convince me," Kirkpatrick says. Meanwhile, a small handful of studies show the opposite—activated charcoal failed to decrease gas.

**Bottom Line:** Neither claim has enough scientific backing. Plus, there are risks, including constipation and diarrhea, and it can make some prescriptions less effective. —*Karen Asp*

STAT SOURCE: *JOURNAL OF THE AMERICAN HEART ASSOCIATION*, 2016. ERIK ISAKSON/GETTY IMAGES; BOTTOM: SOMMAI/GETTY IMAGES

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# Eye Candy

More than 11 million Americans are affected by macular degeneration and 24 million suffer from cataracts. Fortunately, what you eat can help you keep your vision sharp. Set your sights on these eye-friendly nutrients. *By Karen Ansel, M.S., R.D.N.*

**Omega-3 fats.** Dry eyes? Two omega-3 fats, DHA and EPA, quell inflammation in the tear ducts and oil-producing glands around the eye, restoring tear production. Dry-eye sufferers took either a placebo or a supplement containing 180 mg of EPA and 120 mg of DHA twice a day for one month, in a study published in *Ophthalmology*. Those in the supplement group reported a 26 percent improvement in their symptoms, compared to just 4 percent for the placebo users. You can get this amount from 1 ounce of **anchovies**, 3 ounces of **salmon** or 2½ ounces of **sardines**.

**Lutein and zeaxanthin.** Like sunscreen for your eyes, lutein and zeaxanthin are nutrients that filter out 90 percent of the sun's blue light, which, left unchecked, can cause damage and macular degeneration. According to a 2015 *JAMA Ophthalmology* study, consuming roughly 5.5 mg of lutein and zeaxanthin daily can reduce the risk of developing advanced macular degeneration by 40 percent. Get your daily dose with 1/3 cup sautéed **kale** or a salad made with 1½ cups **spinach**. Pairing these veggies with fat, such as olive oil, helps your body absorb more of these nutrients. An **egg** a day can boost your intake, too: eggs aren't particularly lutein- and zeaxanthin-rich, but a recent study found the nutrients are well-absorbed from eggs, likely due to their naturally occurring fat.

**Vitamin A and beta carotene.** Vitamin A supports rods and cones, photoreceptor cells in the retina that allow you to see vivid colors, and enable you to see in dim light. We get some from butter and eggs. Plus, our bodies can manufacture vitamin A from beta carotene. Get your daily supply with 1/3 cup **carrots** sautéed in a little olive oil or 1 cup diced **cantaloupe** with 1 ounce of prosciutto. (Pairing beta carotene with fat improves absorption.) While beta carotene supports everyday eye function, it likely won't defend against macular degeneration. In fact, high doses from supplements may backfire by obstructing the absorption of lutein and zeaxanthin. Fortunately, it's hard to get too much beta carotene from food.

**Vitamin C.** Pollution, poor diet and too much sun can all produce free radicals, unstable compounds that damage cells, including in the lenses of your eyes. Over time, this can lead to cataracts. Enter vitamin C its potent antioxidant action may fend off free-radical strikes. Aim to get at least 165 mg per day from foods, such as ½ cup **red bell pepper** plus 1 **kiwifruit**. A 2016 *Ophthalmology* study found that people who ate this much vitamin C, on average, were 19 percent less likely to have cataracts.

ERICA ALLEN STYLING LIZZY WILLIAMS

**NICE SHADES.** Your eyes need sun protection just like your skin does. Repeated exposure to the sun's UVA and UVB rays generates free radicals that damage the lens and retina, potentially leading to cataracts. The solution: shades. Experts recommend looking for sunglasses that block UVA and UVB radiation, or are labeled UV 400. For full protection, choose wraparound glasses. Sunlight reflects off sand and water, but also snow, so be sure to wear them year-round

**JEEPERS CREEPERS** Eat for your peepers with these recipes for eye health at eatingwell.com/webextra

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# Are Soda Taxes Helping Anybody?

BY GEORGINA GUSTIN

**Replacing one daily soda with water could reduce diabetes rates by 14 percent in the U.K.,** according to University of Cambridge researchers. And Harvard researchers have found that people who drink an average of one soda a day have a 20 percent increased risk of heart disease. The call to drink less soda is clear, but how we accomplish this goal is murkier. In the effort to shrink the amount of sugar we sip, soda taxes are proving to be an effective, but divisive, tactic. Tax proponents say the levies can play an important role in improving health on a grand scale. Yet soda companies spend millions fighting these taxes, arguing that they kill jobs and burden low-income consumers.

Only a handful of U.S. cities have successfully passed soda taxes, and this debate continues to fizz in cities and states across the country. So the question is: Do they work?

The first citywide soda tax in the U.S. took effect in Berkeley, California, in 2015. The 1¢-per-ounce tax applies to sugar-sweetened beverages, such as soda, energy drinks, sports drinks and sweetened iced tea. Early survey data out of the University of California found that, as a result of the tax, sugary-beverage drinking dropped 21 percent. Plus water consumption increased by 63 percent.

A more recent study, which looked at the full year after the passage of Berkeley's tax, backed up the early research. Sales of taxed sugary drinks fell nearly 10 percent, while sales of non-taxed drinks rose 3.5 percent.

Barry Popkin, Ph.D., a professor of nutrition at the University of North Carolina at Chapel Hill and co-author of the study, says there's reason to be hopeful that sugary-soda consumption will continue to drop. "These taxes have a bigger impact over time," he says.

Despite the potential public health benefits, the soda industry has fought these proposed taxes, pointing to research suggesting that soda taxes are regressive—that the poor pay more in soda taxes than wealthier soda drinkers do, as a proportion of their income. But low-income Americans also have higher rates of obesity and diabetes, stoked in part by higher soda consumption. So ultimately, even while Big Soda has positioned itself as a champion of the poor, that approach has backfired against the big picture of soda's health impacts. Plus, the new research out of Berkeley suggests that soda taxes didn't hike up grocery bills compared to nontaxed areas.

The good news is that soda companies are changing their products. "All companies know that sugar is a huge issue and they must reduce it," explains Marion Nestle, Ph.D., New York University professor, *EatingWell* advisor and author of *Soda Politics: Taking On Big Soda (and Winning)*.

She points to the changes beverage companies have already made. For instance, whether prompted by the pressure of taxes or not, Pepsi announced that by 2025 three-quarters of its beverage lineup will have 100 calories or fewer from added sugars, per 12-ounce serving. "Pepsi is even putting big advertising money behind those drinks," Nestle says.

Coca-Cola says that, due to consumer demand, it is offering smaller bottles and cans that will help soda drinkers manage their sugar intake. These mini drinks will also be more affordable in taxed areas.

Despite its low-sugar and smaller offerings, Big Soda continues to battle against taxes. The industry is using "all the tools it has," Nestle notes, "including lawsuits, disinformation campaigns and threats of job losses. In the meantime, people who aren't buying the drinks are consuming less sugar, which was the point."

While the taxes may be driving down sugar consumption, this controversy won't go flat any time soon.

ERIN A. ALLEN STYLING; LIZZY WILLIAMS; PROP STYLING; MEGAN FAVA

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EatingWell

What's the secret to summer grilling? Start with fresh, whole ingredients, season assertively, and cook over live fire. Of course, there's a lot more to grilling than simply putting food over fire. Grill Master **Steven Raichlen** delivers expert advice and mouthwatering recipes to get your summer parties cooking.

# SIZZLE UP YOUR SUMMER

PHOTOGRAPHY BY
JOHNNY AUTRY

STYLING BY
CHARLOTTE AUTRY

## VEGGIES LOVE GRILLS

The high dry heat of a fire caramelizes natural plant sugars, making grilled vegetables taste sweet and smoky. Cut large vegetables into equal size pieces so they grill evenly. For vegetables with a high moisture content like corn, peppers, asparagus, mushrooms, etc., grill directly over the heat. For firmer, drier vegetables like potatoes or winter squash, use indirect grilling so they can cook longer without burning (see *Grill Basics, page 100*).

## SMOKE UP

Use hardwood chips in your grill to add pit-barbecue flavor to foods like this pulled pork shoulder. Soak chips in water for 30 minutes, then drain. On a charcoal grill, add the chips directly to the coals. On a gas grill, place the chips in your grill's smoker box (if it has one). Otherwise, wrap the chips in aluminum foil to make a smoker pouch, poke holes in the top with a skewer or knife tip to release the smoke, and place the pouch under the grate directly over one of the burners. Buy hardwood chips for grilling, wherever you buy charcoal.

## Pulled Pork with Peppered Vinegar Sauce

**ACTIVE:** 50 min **TOTAL:** 5-6 hrs
**TO MAKE AHEAD:** Refrigerate vinegar sauce (Step 5) for up to 3 days. Refrigerate slaw (Step 6) for up to 1 day. **EQUIPMENT:** Hickory or other hardwood chips, drip pan

***Born in the Carolinas, pulled pork is one of the high holies of American barbecue and is today found at barbecue restaurants across the country. To keep sodium in check we've left salt out of the rub, letting the vinegary sauce do the job of infusing salty goodness throughout the pulled pork rather than just on the surface of the meat. If you have both a charcoal and a gas grill, choose charcoal as it will produce a more authentic smoke flavor. The pork is served here North Carolina–style: with peppered vinegar sauce and slaw.***

PORK

- **5-6 pounds bone-in Boston butt *(see Tip)***
- **2 tablespoons ground pepper**
- **12 whole-wheat hamburger buns, split**
- **Pickle slices for serving**

PEPPERED VINEGAR SAUCE

- **1¼ cups cider vinegar**
- **¾ cup water**
- **½ jalapeño pepper, thinly sliced**
- **1½ tablespoons packed light brown sugar, or to taste**
- **1½ tablespoons ketchup**
- **1½ teaspoons crushed red pepper**
- **2½ teaspoons fine sea salt**
- **½ teaspoon ground pepper**

SLAW

- **5 cups finely shredded *or* chopped green cabbage (from 1 small head)**
- **1 tablespoon sugar**

**1. To prepare pork:** Soak 8 cups hardwood chips, such as hickory, in a large bowl of water for 30 minutes. If using a gas grill, soak 4 cups of chips.
**2.** Set up your grill for indirect grilling *(see page 100)* with a drip pan directly below where the pork will be cooked. Build a medium-hot fire.
**3.** Drain the wood chips. Add ¾ cup of them to each mound of coals.
**4.** Season pork on all sides with pepper. Place, fat-side up, in the center of the grill over the drip pan. Close the lid and adjust the vents to keep a steady temperature of 325° to 350°F. Smoke-roast the pork, checking and adding a few small handfuls of wood chips every 20 to 30 minutes, until sizzling, dark and crusty on the outside. It should register at least 200°F on an instant-read thermometer; this will take 4 to 5 hours total, depending on the size. (The pork won't "pull" properly unless it's cooked to this degree of doneness.) If the exterior of the pork starts to burn, loosely tent it with foil.
**5. To prepare sauce:** Meanwhile, combine vinegar, water, jalapeño, brown sugar, ketchup, crushed red pepper, salt and ground pepper in a medium saucepan. Simmer over medium heat for 10 minutes, whisking to dissolve the sugar. Adjust seasoning, if desired, with more sugar—the sauce should be piquant but not quite sour.
**6. To prepare slaw:** Combine ¾ cup of the vinegar sauce with cabbage and sugar in a large bowl; let stand, stirring a few times, for at least 30 minutes or refrigerate until ready to serve.
**7.** When the pork is done, transfer to a large clean work surface. Using two forks, pull the meat off the bone in large chunks. Discard the bone and any big lumps of fat. Shred or coarsely chop the meat. Transfer to a large bowl and stir in the remaining vinegar sauce.
**8.** Serve the pork on buns, topped with the vinegar slaw and pickles, if desired.

**SERVES 12:** About ½ cup pork on a bun & ⅓ cup slaw each

**CAL** 424 / **FAT** 21G (SAT 7G) / **CHOL** 103MG / **CARBS** 28G / **TOTAL SUGARS** 8G (ADDED 6G) / **PROTEIN** 31G / **FIBER** 4G / **SODIUM** 770MG / **POTASSIUM** 536MG.

**TIP:** Boston butt (or "Boston-style butt," "fresh pork butt" or "pork shoulder") can weigh upwards of 10 pounds, so you may have to ask your butcher to cut one down for this recipe.

## Coconut Grilled Corn

**ACTIVE:** 35 min **TOTAL:** 35 min
**EQUIPMENT:** Kitchen string

***Grilled corn turns up across the globe, from Japan's supernaturally sweet Hokkaido corn to Mexico's* elote, *grilled corn slathered with mayonnaise and grated Cotija cheese. The following corn takes its inspiration from Cambodia's* pod oeng, *corn grilled with pandan leaf–flavored coconut milk.***

- **4 ears corn, unhusked**
- **1 cup coconut milk**
- **2 tablespoons brown sugar**
- **1 cinnamon stick**
- **½ teaspoon sea salt**
- **¼ teaspoon ground pepper**
- **1 cup unsweetened shredded coconut, toasted *(see Tip)***

**1.** Cut ½ inch off the tasseled end of each ear of corn. Pull the husk back leaving it attached to the stem end. Remove the silks. Tie the husk together at the bottom of the ear with kitchen string to make a sort of handle. *(Alternatively, remove the husk altogether.)*
**2.** Combine coconut milk, brown sugar and cinnamon in a small saucepan. Bring to a gentle simmer over low heat, stirring occasionally, until the sugar dissolves and the cinnamon infuses the milk, about 5 minutes.
**3.** Build a hot fire or preheat a gas grill to high.
**4.** Working on a rimmed baking sheet, baste each ear of corn with some of the coconut milk mixture. Season with salt and pepper.
**5.** Oil the grill rack. Grill the corn, turning and basting often with the remaining coconut milk mixture, until lightly browned, 8 to 12 minutes total.
**6.** Transfer the corn to the baking sheet and baste with the coconut milk mixture one more time. Place coconut on a large plate. Roll the corn in the coconut. Serve hot.

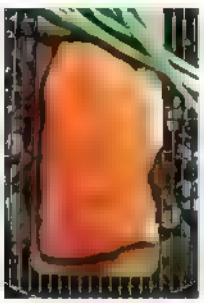
**SERVES 4:** 1 ear each

**CAL** 191 / **FAT** 11G (SAT 9G) / **CHOL** 0MG / **CARBS** 23G / **TOTAL SUGARS** 7G (ADDED 3G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 296MG / **POTASSIUM** 348MG.

**TIP:** To toast coconut, cook in a dry skillet over medium heat, stirring often, until golden, about 5 minutes. Or spread in a shallow baking dish and bake at 350°F until golden, 5 to 10 minutes.

PHOTO: HAND-LETTERING BY MIKE LOWERY

**BONUS GRILLING MENU!** See how to put together a party-ready BBQ dinner featuring spatchcock chicken, grilled veggies and strawberry frosé at eatingwell.com/webextra



## Plank-Grilled Miso Salmon

**ACTIVE:** 30 min **TOTAL:** 30 min
**EQUIPMENT:** Cedar grilling plank

***Planked salmon entered America's grilling vernacular in the early years of this millennium. (Planked fish baked in the oven has been around since the 1840s.) Talk about a genial idea: besides adding smoky flavor, the plank eliminates the triple pitfalls of cooking fish on the grill—drying out, sticking to the grate or breaking when you attempt to turn it. For this quick dish, the sweet-salty flavor of the miso-maple glaze counterpoints the buttery richness of salmon.***

- 1 tablespoon maple syrup
- 1 tablespoon sake
- ¼ cup white miso
- ¼ cup mayonnaise
- ½ teaspoon lemon zest
- 1½ pounds salmon fillet, preferably king salmon, skinned
- 4 scallions, trimmed
- ¼ teaspoon ground pepper
- 2 teaspoons black *and/or* white sesame seeds *(see Tip, page 100)*

**1.** Heat sake and maple syrup in a small saucepan over medium heat just until warm. Remove from heat and whisk in miso until smooth. Let cool for 1 minute, then whisk in mayonnaise and lemon zest.
**2.** Set up your grill for indirect grilling *(see page 100)*. Build a medium-high heat fire or preheat a gas grill to medium-high.
**3.** Place the plank, smooth-side down, directly over the flame and grill until the bottom is charred and smoky, 2 to 4 minutes. Set aside to cool.
**4.** Run your fingers over the salmon and remove any bones you find with tweezers. Place scallions on the charred side of the plank, leaving a little space between them. Place the salmon on the scallions and season with pepper. Spread the glaze on top and sprinkle with sesame seeds.
**5.** Grill the fish on the plank over indirect heat until the glaze is bubbling and browned and the fish is cooked through, 15 to 20 minutes. Serve on the plank, if desired.

**SERVES 4:** 5 oz. salmon each

**CAL** 357 / **FAT** 17G (SAT 3G) / **CHOL** 85MG / **CARBS** 10G / **TOTAL SUGARS** 3G (ADDED 3G) / **PROTEIN** 35G / **FIBER** 1G / **SODIUM** 715MG / **POTASSIUM** 692MG

## DO SOME PLANKS

When grilling foods prone to sticking, such as fish fillets, soak a grilling plank, which can be purchased at supermarkets and hardware stores. Cedar is the most popular wood, but you can also find planks made of hickory, alder and maple. Toward the end of the plank's lifespan, it may begin to burn. Position the burning part of the plank over the hottest part of the fire to help it smolder. Have a spray bottle of water nearby to douse any flare-ups. Try it with Plank-Grilled Miso Salmon.

## Persian Grilled Chicken

**ACTIVE:** 50 min **TOTAL:** 12 hrs 50 min (including 12 hrs marinating time) **TO MAKE AHEAD:** Marinate chicken (Steps 1-2) for up to 24 hours.

***This grilled chicken owes its tenderness to an overnight soak in a yogurt-lemon juice marinade and its soulful flavor to saffron and onion. A drizzle of saffron-infused butter before serving adds an extra layer of richness. Serve with aromatic rice with pistachios and torshi, Central Asian pickles available at Persian and Middle Eastern grocery stores.***

- ¾ teaspoon saffron, divided
- 1 tablespoon warm water
- 1 cup whole-milk plain yogurt
- 1 medium onion, finely chopped
- ½ cup lemon juice
- 1 teaspoon sea salt
- 1 teaspoon ground pepper
- 3½ pounds bone-in, skin-on chicken pieces
- 2 tablespoons unsalted butter
- Cilantro *or* dill sprigs for garnish

**1.** Combine ½ teaspoon saffron and water in a large bowl. Let stand for 5 minutes. Stir in yogurt, onion, lemon juice, salt and pepper.
**2.** If using any chicken breasts, cut into 2 equal portions. Add chicken to the marinade and turn to coat. Cover and refrigerate for at least 12 hours or up to 24 hours, turning the chicken a couple times, if possible.
**3.** When ready to cook, build a medium-hot, multi-zone fire *(see Tip, page 100)* or preheat one section of a gas grill to medium.
**4.** Remove the chicken from the marinade and drain well. (Discard the marinade.)
**5.** Oil the grill rack. Grill the chicken, turning once or twice, until browned and an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 16 to 24 minutes total. Move the chicken to a cooler spot, as needed, to dodge any flare-ups.
**6.** Meanwhile, melt butter in a small saucepan over medium heat. Crumble the remaining ¼ teaspoon saffron into the pan and cook until fragrant, about 2 minutes. Remove from heat.
**7.** Transfer the chicken to a platter and drizzle with the saffron butter. Garnish with cilantro (or dill), if desired.

**SERVES 6:** About 2 pieces of chicken each

**CAL** 370 / **FAT** 20G (SAT 7G) / **CHOL** 171MG / **CARBS** 3G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 42G / **FIBER** 0G / **SODIUM** 364MG / **POTASSIUM** 451MG.

## SUMMER 6-PACK

**Stock your cooler with a crowd-pleasing assortment of brews.**

**Gose,** Westbrook Brewing Co. ($10/6-pack) Slightly sour, salty wheat beer.

**Babe Black Lager,** Uinta Brewing Co. ($10/6-pack) The summertime choice for dark-beer lovers.

**Liliko'i Kepolo,** Avery Brewing Co. ($14/6-pack) Passion fruit adds a refreshing note to this witbier.

**Prima Pils,** Victory Brewing Co. ($10/6-pack) Easy-drinking, crisp pilsner.

**DayTime Ale,** Lagunitas Brewing Co. ($10/6-pack) Hopheads will appreciate this lower-alcohol IPA.

**White,** Allagash Brewing Co. ($10/4-pack) Brewed with coriander and orange peel.

## TAME THE FLAME

Dripping fat or oily marinades can cause out-of-control flames on the grill. Create a fire-free safety zone where you can move the food if you get flare-ups. (You may need to do that for this Persian Grilled Chicken recipe.) For instructions on setting up a multi-zone fire, see *Grill Basics* on page 100.

## DIRECT...OR NOT

Grilling can be done directly over the heat source or indirectly with the food next to, but not over, the fire. Direct is best for cooking small, quick-cooking foods like burgers, steaks, chicken, fish, many vegetables and pizzas. Indirect is good for larger cuts of meat like pork shoulder, roasts or whole chicken, which need to cook longer with the grill lid closed to hold the heat. See *Grill Basics* on page 100 for instructions to set up your grill.

### Green Chile Turkey Burgers

**ACTIVE:** 40 min **TOTAL:** 40 min

***It's an aroma as ancient as New Mexico itself: the scent of fresh green chiles roasting over an open fire. (These days, New Mexicans use an ingenious metal drum roaster fired by an industrial-strength blowtorch.) That's the inspiration for these turkey burgers, flavored with the Southwestern triad of chiles verdes, cumin and cilantro. They're served here, appropriately, on tortillas, but traditionalists can go for a bun.***

- 1 pound 93%-lean ground turkey
- 3 tablespoons finely chopped fresh cilantro
- 1 scallion, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon sea salt
- ½ teaspoon ground pepper
- 4 green chiles, such as Hatch, New Mexico or poblano
- 4 slices pepper Jack cheese (about 1 ounce each)
- 2 8- to 10-inch whole-wheat flour tortillas, halved
- 4 tablespoons sour cream
- Lettuce & tomato for serving

**1.** Build a hot fire or preheat a gas grill to high

**2.** Mix turkey with cilantro, scallion, chili powder, cumin, salt and pepper in a large bowl. Shape into 4 patties, ½ inch thick. Refrigerate until ready to grill.

**3.** Grill chiles until the skins are blackened and blistered, 4 to 5 minutes per side. Transfer to a clean cutting board and let cool slightly. Scrape off the skin with a paring knife, slice lengthwise and discard seeds and stems.

**4.** Oil the grill rack. Grill the burgers until an instant-read thermometer registers 165°F, 3 to 5 minutes per side. Top with cheese and grill until it melts, about 1 minute more. Transfer the burgers to a platter. Quickly warm tortillas on the grill. Serve the burgers in tortilla halves with a chile and sour cream, topped with lettuce and/or tomato, if desired.

**SERVES 4:** 1 burger each

**CAL** 394 / **FAT** 23G (SAT 9G) / **CHOL** 120MG / **CARBS** 18G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 32G / **FIBER** 3G / **SODIUM** 733MG / **POTASSIUM** 456MG

## USE A BASKET FOR DELICATES

When grilling fragile or small pieces of food, use a grill basket. Hinged baskets are best for fish fillets and slender vegetables like asparagus. Use a deep bowl–like basket for small foods, like shrimp or Padrón peppers, that might otherwise fall through the bars of the grate. Grease the basket well with oil on a paper towel before using.

### Grilled Padrón Peppers with Sherry

**ACTIVE:** 20 min **TOTAL:** 20 min
**EQUIPMENT:** Grill basket

***Most tapas bars serve Padrón peppers fried, but a growing number of chefs roast them on the grill. You'll find their flavor hints at poblano and can be as mild as a bell pepper or as fiery as a habanero (or anywhere in between).***

- 1 pound Padrón peppers (*see Tip, page 100*)
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon ground pepper
- 2 teaspoons good-quality Spanish sherry
- Flaky sea salt for garnish

**1.** Build a hot fire or preheat a gas grill to high.
**2.** Toss peppers with oil, salt and pepper in a large bowl. Transfer to a grill basket.
**3.** Grill the peppers, shaking the basket frequently, until sizzling and browned, 5 to 8 minutes.
**4.** Return the peppers to the bowl. Drizzle with sherry and toss to coat. Transfer to a serving platter and sprinkle with flaky sea salt, if desired.

**SERVES 6:** ½ cup each

**CAL** 59 / **FAT** 5G (SAT 1G) / **CHOL** 0MG / **CARBS** 4G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 1G / **SODIUM** 186MG / **POTASSIUM** 136MG.

**STEVEN RAICHLEN** (barbecuebible.com) *hosts* Project Smoke *on PBS. His latest book is* Barbecue Sauces, Rubs and Marinades *(Workman)*

SPIRALIZED ZUCCHINI & SUMMER SQUASH CASSEROLE, P.66

Rethink what goes into your casserole to get it ready for summer parties. Trade in cream of mushroom soup and french-fried onions for lots of fresh veggies and herbs. Make any of our modern takes, like these spiralized squash nests filled with herby ricotta, and you're sure to bring home an empty dish.

# GET FRESH WITH CASSEROLES

RECIPES BY HILARY MEYER
PHOTOGRAPHY BY EVA KOLENKO

HERBED
TOMATO
GRATIN
P.66

TOMATO & GREEN BEAN CASSEROLE WITH SPICY HERB PESTO
P.66
MATERIAL MATTERS
Opt for a ceramic or enameled cast-iron baking dish if your recipe calls for broiling. Ones made of tempered glass can shatter under the high heat. Metal ones are fine, too—just avoid putting acidic ingredients in them, which can react with the metal.

ZUCCHINI, CORN & EGG CASSEROLE
P.66

## TAMARI-GINGER MEATBALL & EGGPLANT CASSEROLE

**ACTIVE:** 45 min **TOTAL:** 1 hr

***Eggplant soaks up the flavors of ginger, garlic and tamari in this Asian-inspired casserole. A hot pepper in the topping adds a bit of heat, but opt for sweet if you prefer.***

- 2 pounds eggplant, preferably Japanese *(see Tip, page 100)*, cut into 1-inch chunks
- 4 tablespoons peanut oil, divided
- ¼ cup reduced-sodium tamari
- ¼ cup Shao Hsing rice wine *or* dry sherry
- 2 tablespoons packed light brown sugar
- 2 tablespoons rice vinegar
- 2 tablespoons water
- 1½ pounds lean ground pork
- 2 cloves garlic, minced
- 2 tablespoons minced fresh ginger
- ¼ teaspoon ground white pepper
- Pinch of salt
- ¼ cup cornstarch
- 4 scallions, cut into 2-inch pieces
- ½ cup chopped fresh cilantro
- ¼ cup chopped lightly salted peanuts
- 1 small red hot *or* sweet red pepper, seeded and minced

**1.** Preheat oven to 425°F

**2.** Place eggplant in a 9-by-13-inch baking dish (or similar-size 3-quart baking dish). Drizzle with 2 tablespoons oil; toss to coat. Bake until starting to brown, about 30 minutes.

**3.** Meanwhile, combine tamari, rice wine (or sherry), sugar, vinegar and water in a small bowl. Stir until the sugar is dissolved. Set aside.

**4.** Combine pork, garlic, ginger, white pepper and salt in a medium bowl. Using about 3 tablespoons for each, form the mixture into 18 meatballs. Place cornstarch in a shallow dish. Roll meatballs in it until well coated. (Discard any remaining cornstarch.)

**5.** Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the meatballs and cook, turning occasionally, until golden, 5 to 7 minutes. Add the reserved sauce and cook, turning the meatballs to coat with the sauce, until it is slightly thickened, 1 to 2 minutes more. Add the meatballs, sauce and scallions to the eggplant.

**6.** Bake the casserole until the eggplant is very tender and an instant-read thermometer inserted in a meatball registers at least 165°F, about 15 minutes.

**7.** Combine cilantro, peanuts and red pepper in a small bowl. Sprinkle over the casserole just before serving.

**SERVES 6:** 3 meatballs & 1 cup eggplant each

**CAL** 369 **FAT** 18G (5AT 4G) / **CHOL** 66MG / **CARBS** 27G / **TOTAL SUGARS** 10G (ADDED 4G) / **PROTEIN** 26G / **FIBER** 4G, **SODIUM** 598MG / **POTASSIUM** 510MG.

## Spiralized Zucchini & Summer Squash Casserole

**ACTIVE:** 30 min **TOTAL:** 30 min
**EQUIPMENT:** Spiral vegetable slicer, broiler-safe baking dish

*Just a few minutes under the broiler gives these ricotta-and-basil-filled "nests" a light golden top. If you don't have a spiralizer, use a vegetable peeler to make long thin strips of the squash and zucchini, stopping when you reach the seedy center.* (Photo: page 60.)

- 1 cup whole-milk ricotta cheese
- ½ cup finely shredded Parmesan cheese
- ¼ cup chopped fresh basil
- 1 clove garlic, minced
- ½ teaspoon ground pepper, divided
- 2 medium summer squash
- 2 medium zucchini
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt

**1.** Position a rack in the top position of oven; preheat broiler to high.
**2.** Combine ricotta, Parmesan, basil, garlic and ¼ teaspoon pepper in a medium bowl. Set aside.
**3.** Using a spiral vegetable slicer or a vegetable peeler, cut summer squash lengthwise into long, thin strands or strips. Stop when you reach the seeds. You should have about 6 cups of "noodles." Place them on a cutting board and shape into an even 10-inch square. Cut the square into quarters. Transfer each "nest" to a 9-by-13-inch broiler-safe pan (or similar size 3-quart baking dish). Repeat with zucchini. Arrange the zucchini nests in an alternating pattern with the summer squash.
**4.** Drizzle the nests with oil and season with salt and the remaining ¼ teaspoon pepper. Make a well in the center of each and spoon in about 2 tablespoons filling.
**5.** Broil the nests until browned in spots, 6 to 8 minutes. Serve warm.

**SERVES 8:** 1 nest each

**CAL** 127 / **FAT** 9G (SAT 4G) / **CHOL** 19MG / **CARBS** 5G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 1G / **SODIUM** 263MG / **POTASSIUM** 358MG.

## Herbed Tomato Gratin

**ACTIVE:** 30 min **TOTAL:** 1¼ hrs
**EQUIPMENT:** 9-by-13-inch baking dish

*Gratins often have a crunchy breadcrumb or crouton topping. But summer tomatoes are too gorgeous to hide, so we tucked crusty cubes of bread underneath them instead. Plus the bread soaks up all the juicy tomato goodness.* (Photo: page 62.)

- 3 tablespoons extra-virgin olive oil
- 4 cups crusty whole-grain bread cubes (½-inch)
- ⅓ cup heavy cream
- ½ cup finely shredded Pecorino Romano cheese, divided
- 2 tablespoons chopped fresh marjoram, plus more for garnish
- 3 cloves garlic, minced
- 1 tablespoon sherry vinegar
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 3 pounds medium heirloom tomatoes, sliced ¼ inch thick

**1.** Preheat oven to 400°F. Coat a 9-by-13-inch pan (or similar-size 3-quart baking dish) with cooking spray.
**2.** Heat oil in a large skillet over medium heat. Add bread and cook, stirring occasionally, until brown and crispy, 6 to 8 minutes.
**3.** Transfer the bread to a large bowl. Gently stir in cream, ¼ cup cheese, marjoram, garlic, vinegar, salt and pepper. Spread the mixture in the baking dish. Layer tomatoes on top and sprinkle with the remaining ¼ cup cheese.
**4.** Bake the gratin until golden and crispy on top, 40 to 45 minutes. Garnish with marjoram, if desired.

**SERVES 8:** about 1 cup each

**CAL** 242 / **FAT** 12G (SAT 4G) / **CHOL** 17MG / **CARBS** 26G / **TOTAL SUGARS** 7G (ADDED 3G) / **PROTEIN** 8G / **FIBER** 5G / **SODIUM** 389MG / **POTASSIUM** 517MG.

## Tomato & Green Bean Casserole with Spicy Herb Pesto

**ACTIVE:** 30 min **TOTAL:** 30 min
**EQUIPMENT:** Broiler-safe baking dish

*No gloppy canned soup here. Simply give cilantro, parsley or chives (or a mix of all three) a whirl in the food processor to make the pesto-like sauce that ties the casserole together.* (Photo: page 63.)

- 2 pounds green beans, trimmed and cut into 2-inch pieces
- ½ cup chopped fresh herbs, such as cilantro, parsley *and/or* chives
- ½ cup salted roasted shelled pistachios, divided
- 1-3 tablespoons chopped jalapeño pepper
- 1 tablespoon lime juice
- 1 small clove garlic
- ¾ teaspoon ground cumin
- ½ teaspoon salt
- ¼ cup extra-virgin olive oil
- 1 cup cherry tomatoes
- ½ cup shredded sharp Cheddar cheese

**1.** Bring a large pot of water to a boil. Add green beans and cook until crisp-tender, 4 to 6 minutes. Drain and rinse with cold water.
**2.** Position a rack in upper third of oven; preheat broiler to high.
**3.** Combine herbs, ¼ cup pistachios, jalapeño to taste, lime juice, garlic, cumin and salt in a food processor. Pulse until finely chopped, scraping the sides once or twice. With the motor running, add oil and process until well combined.
**4.** Pat the green beans dry and transfer to a 9-by-13-inch broiler-safe pan (or similar size 3-quart baking dish). Add the sauce and tomatoes and toss to combine. Sprinkle with cheese.
**5.** Broil the casserole until the cheese is melted and beginning to brown, 4 to 6 minutes. Chop the remaining ¼ cup pistachios and sprinkle over the top.

**SERVES 8:** 1 cup each

**CAL** 176 / **FAT** 13G (SAT 3G) / **CHOL** 7MG / **CARBS** 11G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 4G / **SODIUM** 233MG / **POTASSIUM** 385MG

## Zucchini, Corn & Egg Casserole

**ACTIVE:** 30 min **TOTAL:** 1¼ hrs

*This is essentially a crustless quiche, brimming with fresh summer vegetables. Bake it up for an elegant summer brunch or a casual backyard barbecue.* (Photo: page 64.)

- 5 cups shredded zucchini *and/or* summer squash (about 3 medium)
- 2 tablespoons butter
- 1 cup finely chopped onion
- Pinch of salt plus ¼ teaspoon, divided
- 1½ cups corn kernels, fresh *or* frozen (thawed)
- 1¼ cups no-salt-added cottage cheese *(see Tip, page 100)*
- 1 cup crumbled feta cheese
- ½ cup chopped red bell pepper
- ¼ cup chopped fresh dill
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon ground pepper
- 10 large eggs, lightly beaten

**1.** Preheat oven to 350°F. Coat a 9-by-13-inch baking dish (or similar-size 3-quart baking dish) with cooking spray.
**2.** Place squash on a clean kitchen towel, gather up the edges and squeeze out excess moisture.
**3.** Heat butter in a large skillet over medium heat. Add onion and cook, stirring occasionally, until golden brown, 5 to 8 minutes. Add the squash and a pinch of salt; cook until very soft and dry; about 4 minutes more.
**4.** Transfer the squash mixture to a large bowl. Add corn, cottage cheese, feta, bell pepper, dill, flour, baking powder, pepper and the remaining ¼ teaspoon salt and stir until well combined. Stir in eggs. Pour the mixture into the prepared baking dish.
**5.** Bake the casserole until the center is set and the edges are lightly browned, about 40 minutes. Let stand 10 minutes before serving.

**SERVES 8:** One 3-by-4-inch piece each

**CAL** 244 / **FAT** 14G (SAT 7G) / **CHOL** 258MG / **CARBS** 14G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 17G / **FIBER** 2G / **SODIUM** 429MG / **POTASSIUM** 448MG.

**HILARY MEYER** *is a frequent contributor to* EatingWell. *In the summer, you can find her in her backyard garden in Vermont*

STYLING: LILLIAN KANG (GOOD); CLAIRE MACK (BOOS)



**CASSEROLES GALORE** Get 50+ more crazy-good recipes for a crowd at eatingwell.com/webextra

## CHICKEN, PEPPERS & PASTA CASSEROLE

**ACTIVE:** 45 min **TOTAL:** 1¼ hrs
**EQUIPMENT:** 9-by-13-inch baking dish

*You can assemble this before you leave for a party and pop it in the oven at the host's house. Or bake it at home and bring it along—it's delicious at room temperature too.*

- 12 ounces whole-wheat fusilli
- 16 mini sweet peppers
- 1½ pounds boneless, skinless chicken breast, cut into ¾-inch pieces
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- ½ teaspoon ground pepper
- 2 medium fennel bulbs, chopped, plus ¼ cup chopped fronds
- ⅓ cup finely chopped shallot
- 3 tablespoons all-purpose flour
- 1½ cups low-sodium chicken broth
- ½ cup dry white wine
- ½ cup crème fraîche
- ½ cup chopped fresh chives, divided
- 2 tablespoons lemon juice
- ½ cup Kalamata olives, chopped
- ½ cup panko breadcrumbs, preferably whole-wheat

**1.** Bring a large pot of water to a boil. Cook pasta according to package directions. Drain and transfer to a large bowl. Set aside.

**2.** Meanwhile, position a rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil. Coat the foil with cooking spray.

**3.** Place peppers on one side of the prepared baking sheet. Toss chicken, 1 tablespoon oil, ½ teaspoon salt and pepper in a medium bowl. Place the chicken in an even layer on the other half of the baking sheet. Broil, turning once, until the peppers start to char on both sides and the chicken is no longer pink in the middle, 4 to 8 minutes. Set aside to cool slightly.

**4.** Preheat oven to 400°F.

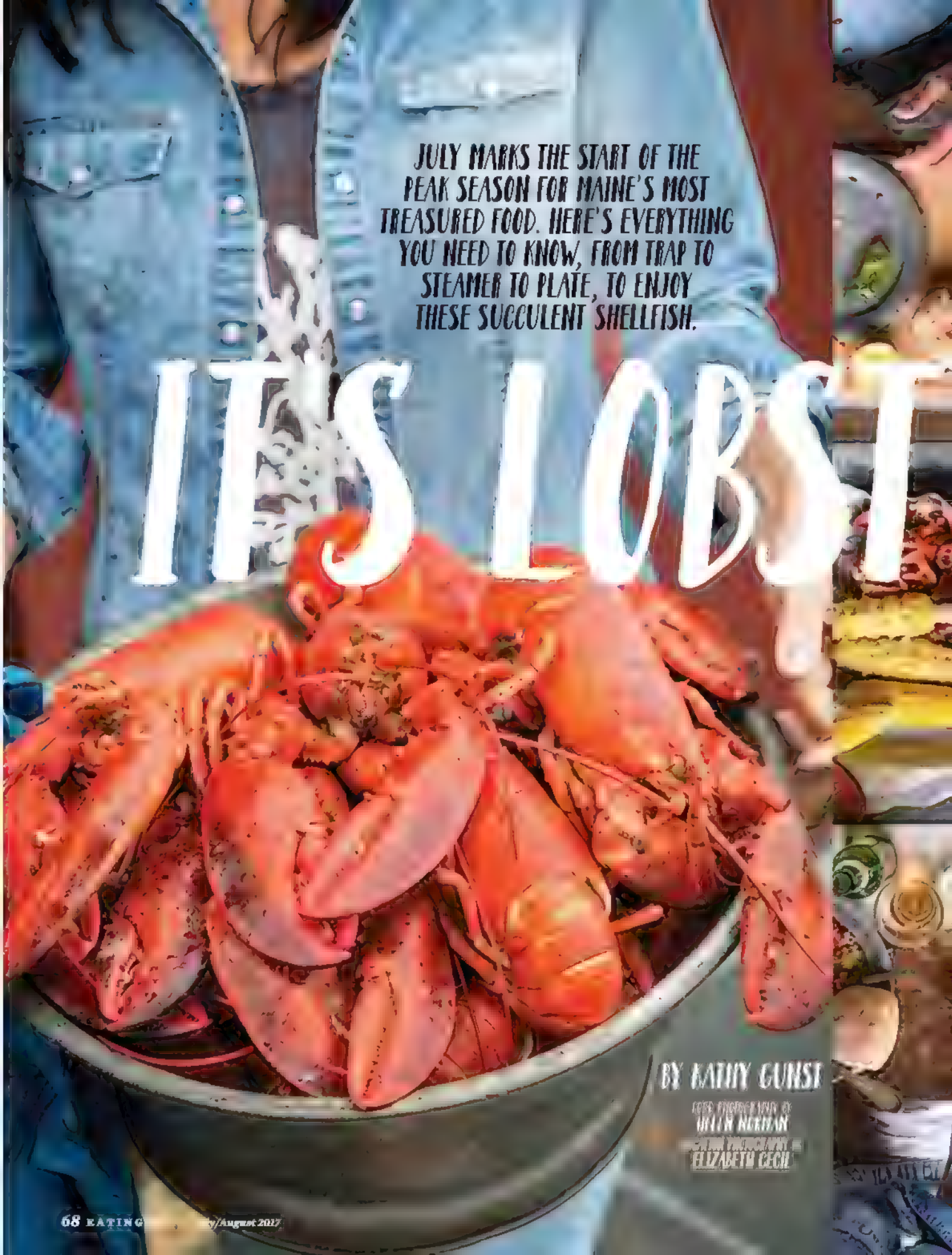
**5.** Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add fennel and shallot and cook, stirring frequently, until softened and starting to brown, about 5 minutes. Add flour and stir to coat. Add broth and wine and bring to a simmer. Cook, stirring occasionally, until slightly thickened, about 2 minutes. Remove from heat. Stir in crème fraîche, ¼ cup chives, lemon juice, the fennel fronds and the remaining ½ teaspoon salt. Transfer to the bowl with the pasta.

**6.** Trim and quarter the peppers. Add the peppers, chicken and olives to the pasta; stir to combine. Transfer the mixture to a 9-by-13-inch pan (or similar-size 3-quart baking dish.). Combine panko with the remaining 1 tablespoon oil in a small bowl. Sprinkle over the casserole.

**7.** Bake the casserole until hot, about 30 minutes. Serve topped with the remaining ¼ cup chives.

**SERVES 8:** 1½ cups each

**CAL** 444 / **FAT** 16G (SAT 5G) / **CHOL** 59MG / **CARBS** 47G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 7G / **SODIUM** 755MG / **POTASSIUM** 576MG



JULY MARKS THE START OF THE PEAK SEASON FOR MAINE'S MOST TREASURED FOOD. HERE'S EVERYTHING YOU NEED TO KNOW, FROM TRAP TO STEAMER TO PLATE, TO ENJOY THESE SUCCULENT SHELLFISH.

# IT'S LOBST

BY KATHY GUNST

FOOD PHOTOGRAPHY BY BRIAN HICKMAN

ELIZABETH CECH

AH TIME!

# A BACKYARD LOBSTER PARTY

**Since lobster is both a deluxe food and a hands-on activity, it's great for a party. But you'll want to make sure you've got the right goods to make the event a success.**

To cook more than 6 lobsters you'll need a super-large pot. A turkey-frying rig works, too, because it has a jumbo pot and a sturdy propane burner
Lobster crackers and picks, or kitchen shears make getting the meat out of the shells easier
An easy-to-clean table covering (or newspapers).
Bowls for discarded shells.
Lemon wedges for squeezing
Melted butter for dipping.
Plenty of napkins.

**How many:** One 1¼- to 1½-pound lobster per person, to yield 4 to 6 ounces of meat.

**Go for super-fresh:** Ask your fishmonger to hold each lobster up. Choose those that are kicking their tails when removed from the tank.

**Or buy it cooked:** Many markets will steam lobster for you while you wait (call ahead). Some stores also offer cooked, picked lobster meat.

**Store:** Keep live lobsters for up to 24 hours in a ventilated container, such as a cardboard box, placed at the back of the bottom shelf of your refrigerator. Pack them in seaweed or damp newspapers to keep them moist but not wet. Don't store them on ice or in tap water as the freshwater will kill them.

**Before cooking:** If you'd rather not cook live lobsters you can kill them just before. Wearing gloves, place a lobster on its back on a cutting board. Holding it steady by the tail, insert the tip of a chef's knife right below the claws and between the small legs. With one swift motion, cut down through the head. (This kills the lobster instantly.)

**Steaming** is the most traditional way to cook a lobster. Bring 3 inches of water to a boil in a large pot. (If you have access to fresh seaweed, add a few strips for flavor.) Remove the rubber bands from the claws, add lobsters, claws side down. Cover and steam 12 to 14 minutes for a 1¼- to 1½ pound lobster. (For larger lobsters, add 2 minutes for each ¼ pound.) To test for doneness, pull off one of the legs; if it pulls off easily, the lobster is ready.

**2015 Bachelet-Monnot Bourgogne Blanc, France *($19)***
This delicious and affordable white Burgundy has toasty apple and citrus flavors that, with the classic chardonnay richness, stand up to garlicky Angry Lobster *(page 72)*.

**2015 Castelo do Papa Godello, Spain *($15)***
Undertones of ginger and lime zest permeate this wine, which gets its creamy mouthfeel from bâtonnage, an old winemaking technique where the wine is stirred with the remnants of yeast after fermentation. Serve with Lobster & Corn Chowder *(page 72)*.

**LOBSTER-SHACK LOVE**
Get our list of favorite Maine spots for lobster rolls and more at eatingwell.com/webextra

# MARINE BIOLOGIST. CONSERVATIONIST. LOBSTERMAN.

When Curt Brown isn't
in his traps he is a
marine biologist for Ready
Seafood in Portland. Like
all Maine lobstermen, he
measures his catch and
returns undersize lobsters
to the sea to grow and

Curt Brown was 7 years old when he first went lobstering with his father off the coast of Cape Elizabeth, Maine. He hauled up a trap, watched it come over the rail of his father's skiff, and like the lobster, there was no turning back. "I remember that day like it was yesterday," Brown, now 37, recalls. "Fishing set its teeth in me."

Brown, with master's in marine biology and marine policy, is not your typical lobsterman. That's because he has devoted his life to studying the delicate balance between conservation and commerce in the lobster industry.

Most stories about fishing in U.S. waters are not upbeat: overfishing, extinctions and warming seas. But Curt Brown is cautiously optimistic; he believes Maine lobster is an exception. And many think he's right.

"The Maine lobster industry is bigger and more lucrative than ever, with fishermen landing more than 130 million pounds of lobster in 2016," says Patrick Keliher of the Maine Department of Marine Resources.

Brown points to several reasons for abundant lobster hauls. "There's a strong conservation ethic here in Maine," he explains. "The rules that govern the industry were put in place by Maine fishermen and are enforced and followed by fishermen." For example, when you trap a lobster carrying eggs, it's marked and goes back in the water so it can reproduce in future years

David Kaselauskas, who is also a marine biologist and has been lobstering for 50 years further south in Kittery, Maine, says he agrees with Brown up to a point. He notes that the water in the Gulf of Maine is warming by one-tenth of a degree per year. While many traditional predators of the lobster such as cod have be overfished, those warming waters are welcoming new ones and "many fish and crab species that are not normally found in Maine waters (such as Chesapeake blue crabs and black sea bass) are moving north," he says. They are becoming the new lobster predators.

On the flip side, the warming could also be a reason for an increase in lobsters. Sea surface temperatures in the Gulf of Maine are warming faster than those on 99 percent the rest of the planet, according to a 2015 report from the Gulf of Maine Research Institute. The overall effect on the health of the Maine lobster population is unclear, but according to the National Oceanic and Atmospheric Administration, as waters warm lobsters migrate north. Southern New England lobsters have already moved toward Maine and may one day become Newfoundland or Canadian lobsters as they seek colder climates.

For now, Curt Brown is hauling in between 500 and 1,000 pounds of lobster a day, three to four days a week from July to December.

Maine lobsters are considered by many chefs to be the best in the world. Sam Hayward, chef and owner of Fore Street in Portland, says, "For a cook, the delicate sweetness, the aroma of the briny deep, the range of textures from tender to toothsome, its amazing versatility in the kitchen, all make it unique."

Brown agrees. He loves the sweet meat in the knuckle and claws (as opposed to most people who swoon over the tail meat). As for the future of the industry, Brown is philosophical. "As a scientist I don't feel comfortable making predictions decades into the future. But I'm confident that if my children or their children want to fish for lobster, there will be plenty of lobsters left for them."

**KATHY GUNST** *is a James Beard Award-winning writer.*

## Lobster & Corn Chowder

**ACTIVE:** 1 hr 10 min **TOTAL:** 1 hr 10 min
**TO MAKE AHEAD:** Refrigerate for up to 1 day; reheat slowly over low heat.

***The trick to making lobster chowder with rich flavor is to start with great fish stock. (The best is often in the freezer case at the supermarket.) Then cook the lobsters in the stock to intensify its flavor. In this recipe there is no flour added, making it a lighter soup full of fresh seafood flavor.*** **(Photo: page 3.)**

- 4 cups fish stock, seafood broth or fish broth
- 4 cups water
- 2 1¼- to 1½-pound live lobsters
- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 3 small or 2 large leeks, white and pale green parts only, halved lengthwise, rinsed and thinly sliced
- 2 large waxy potatoes, such as Yukon Gold, peeled and cut into ½-inch cubes
- 3 large ears fresh corn, husked, or 3 cups frozen corn kernels
- 1 cup heavy cream or half-and-half
- ½ cup minced fresh chives, divided
- ¾ teaspoon ground pepper
- ½ teaspoon salt

**1.** Bring stock (or broth) and water to a boil in a large stockpot.
**2.** Very carefully remove the rubber bands from lobsters (pay attention; they will start trying to pinch). Place the lobsters claws-side down in the pot, cover and cook for 5 minutes. Uncover, carefully flip the lobsters over, cover and cook for 5 minutes more. Remove the lobsters to a large bowl and let cool. (Reserve the stock.)
**3.** Working over a large bowl to catch the lobster juice, cut open the tails with kitchen shears. Insert a fork into a tail on an angle and pull out the meat. Crack open the claws with a lobster cracker or nutcracker and remove the meat from the claws and knuckles. (The meat will not be fully cooked.) Cut the meat into 1-inch pieces; set aside in the bowl. Remove the thin legs from the body, break in half and add to the stock.
**4.** Meanwhile, heat butter and oil in a large pot over medium-low heat. Add leeks and cook, stirring occasionally, until very soft but not browned, about 10 minutes. Add potatoes and cook for 5 minutes. Increase heat to high and add the reserved stock (with the legs) and any reserved lobster juice; bring to a boil. Reduce heat to maintain a gentle simmer, cover and cook until the potatoes are almost tender, 10 to 12 minutes more.
**5.** If using fresh corn, cut the ends so you can stand the cob flat on a work surface. Using a large, sharp knife and standing each cob on its end in a large shallow dish, cut the kernels from the cob. Then, using the blunt side of the knife, scrape down the cob to release the corn "milk." Repeat with the remaining ears of corn.
**6.** Stir the corn kernels and corn milk (or frozen corn), reserved lobster meat and its juice, cream (or half-and-half), ¼ cup chives, pepper and salt into the pot. Cook over medium-low heat until steaming hot and gently simmering, 5 to 6 minutes. Serve topped with the remaining ¼ cup chives.

**SERVES 6:** 1¾ cups each

**CAL** 426 / **FAT** 22G (SAT 11G) / **CHOL** 124MG / **CARBS** 43G / **TOTAL SUGARS** 9G (ADDED 0G) / **PROTEIN** 18G / **FIBER** 4G / **SODIUM** 691MG / **POTASSIUM** 997MG.

## Angry Lobster

**ACTIVE:** 50 min **TOTAL:** 1 hr

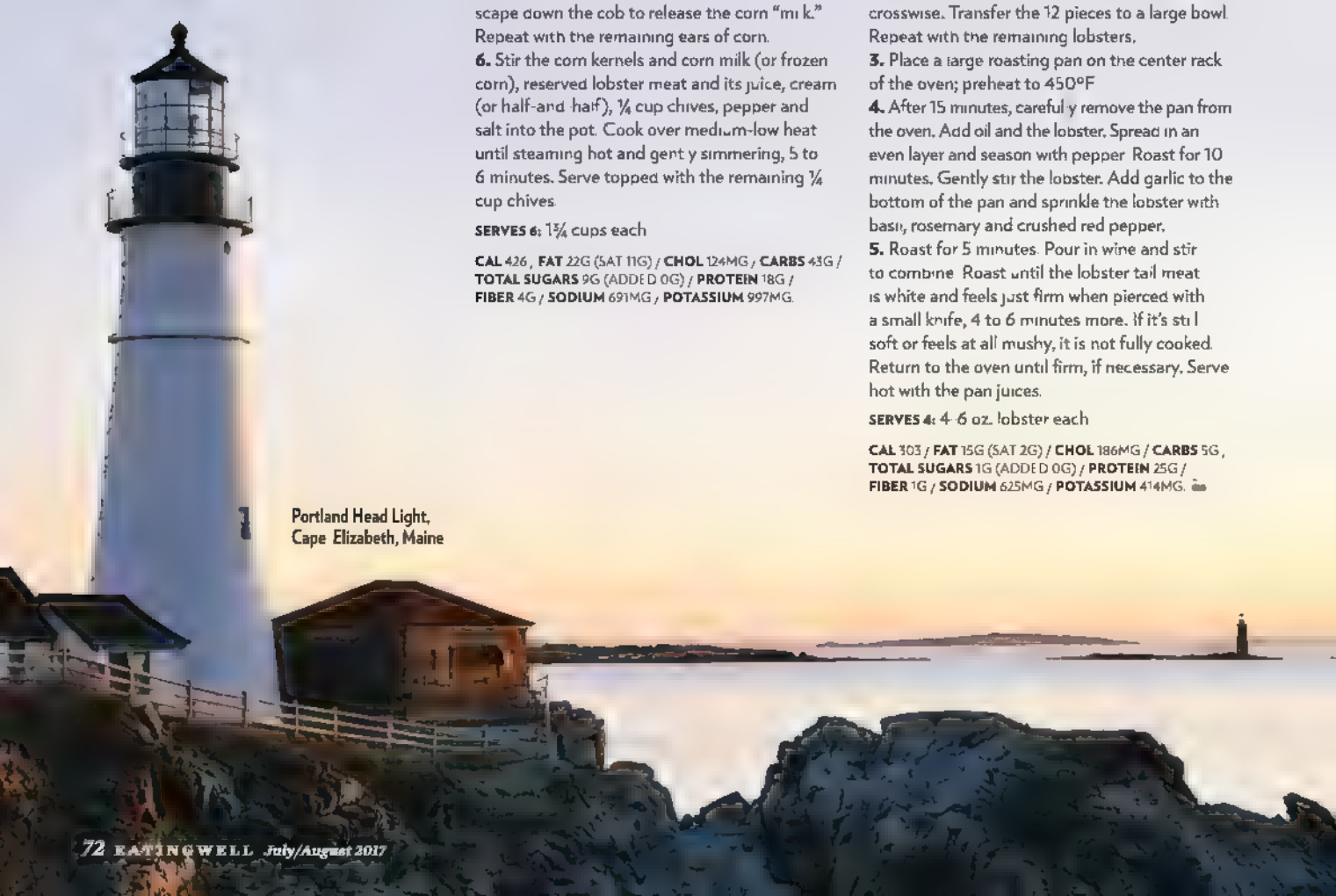
***As an alternative to steaming, roast lobster pieces in a very hot oven to create an undiluted blast of seafood flavor. Then douse the pan with white wine, herbs and crushed red pepper to make a spicy sauce. The "angry" in the name most likely comes from the hot pepper, but some say cutting up the lobsters sets the tone for this dish. Serve with crusty bread to sop up the sauce and plenty of fresh napkins.***

- 4 1¼- to 1½-pound live lobsters
- ¼ cup extra-virgin olive oil
- 1 teaspoon ground pepper
- 8 cloves garlic, thinly sliced
- 1 cup very thinly sliced fresh basil
- 3 sprigs rosemary, cut into 2-inch pieces
- 1 teaspoon crushed red pepper
- 1 cup dry white wine

**1.** Wearing thick kitchen gloves, place a lobster on its back on a cutting board. Holding it steady by the tail, insert the tip of a chef's knife right below the claws and between the small legs. With one swift motion cut down through the head. (This kills the lobster instantly.)
**2.** Using your gloved hands, twist the tail and claws off the body. Remove the rubber bands. Twist and cut the knuckles off each claw. Cut the tail in half lengthwise and then in half crosswise. Cut the body in half lengthwise; remove and discard the gray-green organs and any eggs from the cavity. Cut each body piece in half crosswise. Transfer the 12 pieces to a large bowl. Repeat with the remaining lobsters.
**3.** Place a large roasting pan on the center rack of the oven; preheat to 450°F.
**4.** After 15 minutes, carefully remove the pan from the oven. Add oil and the lobster. Spread in an even layer and season with pepper. Roast for 10 minutes. Gently stir the lobster. Add garlic to the bottom of the pan and sprinkle the lobster with basil, rosemary and crushed red pepper.
**5.** Roast for 5 minutes. Pour in wine and stir to combine. Roast until the lobster tail meat is white and feels just firm when pierced with a small knife, 4 to 6 minutes more. If it's still soft or feels at all mushy, it is not fully cooked. Return to the oven until firm, if necessary. Serve hot with the pan juices.

**SERVES 4:** 4-6 oz. lobster each

**CAL** 303 / **FAT** 15G (SAT 2G) / **CHOL** 186MG / **CARBS** 5G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 1G / **SODIUM** 625MG / **POTASSIUM** 414MG.



Portland Head Light, Cape Elizabeth, Maine

STYLING: FRANCES LUARD, ALISTAIR TURNBULL

CHAR-GRILLED RED GRAPES WITH BURRATA, FENNEL SEEDS & BASIL, P.79

{Photography by Eva Kolenko}

To any cook who has made one of his recipes or visited his London restaurants, mention the name of Israeli-born chef **Yotam Ottolenghi** and you'll see a dreamy look come over them. On the eve of publishing his sixth cookbook, *Sweet*, he shares four **savory fruit salads** to give you a taste of his bold-flavored, cross-pollinated world cuisine.

FRESH TOMATO & PLUM KIMCHI WITH NORI SESAME SALT, P.79

*"The difference between a properly ripe tomato—eaten off the vine, in the summer—and an unseasonal tomato—hard and not nearly sweet enough—is enormous. Tomatoes, at their best, eaten very simple, is one of my all-time favorite things."* —*Yotam Ottolenghi*

PEACH, RASPBERRY & WATERCRESS SALAD WITH FIVE-SPICE BACON, P.79

## Watermelon, Olive, Caper & Feta Salad

**ACTIVE:** 30 min **TOTAL:** 30 min

***This salad is all about the quality of the watermelon: you want its flesh to be really sweet so that all the savory ingredients—the capers, the olives, the feta—shine.***

- 2 tablespoons extra-virgin olive oil plus ¼ cup, divided
- ¼ cup rinsed capers
- ⅓ cup pitted Kalamata olives, halved
- 1½ tablespoons sherry vinegar
- Ground pepper to taste
- 5 cups diced watermelon (1-inch)
- ½ cup thinly sliced fresh basil
- ½ cup thinly sliced fresh mint
- ⅔ cup coarsely crumbled feta cheese
- ¼ cup sliced almonds, lightly toasted
- Flaky sea salt for garnish

**1.** Heat 2 tablespoons oil in a small saucepan over high heat. Pat capers dry and add to the hot oil. Cook, stirring, until crisp, 1 to 3 minutes. Using a slotted spoon, transfer to a paper towel–lined plate. (Discard the oil.)
**2.** Whisk the remaining ¼ cup oil in a large bowl with olives, vinegar and a generous grinding of pepper. Add watermelon, basil and mint and gently toss to coat. Arrange in a large shallow serving bowl. Sprinkle with feta, almonds and the crispy capers. Garnish with sea salt, if desired.

**SERVES 6:** 1 cup each

**CAL** 261 / **FAT** 22G (SAT 5G) / **CHOL** 15MG / **CARBS** 13G / **TOTAL SUGARS** 9G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 2G / **SODIUM** 359MG / **POTASSIUM** 228MG.

*"With super-savory things like olives, feta and capers: the refreshing sweet clean contrast from something like watermelon is absolute heaven." —Yotam Ottolenghi*

## Fresh Tomato & Plum Kimchi with Nori Sesame Salt

**ACTIVE:** 30 min **TOTAL:** 30 min

**TO MAKE AHEAD:** Store nori salt (Step 2) airtight for up to 1 week.

***Kimchi is usually left to ferment for a couple of weeks, but in this recipe you eat it fresh. Most of this salad can be prepared in advance—just mix the tomatoes with the dressing right before serving. Take advantage of all the heirlooms available this time of year to make the most stunning salad.*** (Photo: page 76.)

DRESSING

- 2 tablespoons peanut oil
- 2 tablespoons rice vinegar
- 2 teaspoons sugar
- 2 teaspoons reduced-sodium tamari
- 3 tablespoons julienned fresh ginger
- 1 clove garlic, minced
- 1¼ teaspoons fish sauce
- ¼ teaspoon finely grated orange zest

NORI SALT

- ½ sheet nori seaweed
- 1 tablespoon white sesame seeds
- 2 teaspoons black sesame seeds *(see Tip, page 100)*
- ½ teaspoon crushed red pepper
- ¼ teaspoon salt

SALAD

- 1¾ pounds mixed ripe tomatoes (large ones cut into ½-inch wedges, cherry tomatoes halved or quartered)
- 2 medium ripe dark plums, cut into ½-inch wedges
- 1 cup diagonally sliced scallions *or* spring onions
- 1 cup coarsely chopped fresh cilantro
- Flaky sea salt for garnish

**1. To prepare dressing:** Whisk oil, vinegar, sugar and tamari in a medium bowl. Stir in ginger, garlic, fish sauce and orange zest. Set aside for 10 minutes for the flavors to infuse.

**2. To prepare nori salt:** Heat a medium skillet over high heat. Toast nori, turning once halfway, until dry and crisp, 1 to 2 minutes. Coarsely tear into pieces and place in a spice grinder. Pulse in short bursts into a coarse powder. Transfer to a bowl. Toast white and black sesame seeds in the pan over medium heat until fragrant, about 1 minute. Add the sesame seeds, crushed red pepper and ¼ teaspoon salt to the nori; stir to combine.

**3. To prepare salad:** Combine tomatoes, plums, spring onions (or scallions) and cilantro in a large bowl. Pour the reserved dressing over the mixture and gently stir to combine.

**4.** Transfer the salad to a platter. Sprinkle with half the nori salt. Garnish with flaky sea salt and/or serve with the remaining nori salt, if desired.

**SERVES 6:** 1 cup each

**CAL** 103 / **FAT** 6G (SAT 1G) / **CHOL** 0MG / **CARBS** 11G / **TOTAL SUGARS** 7G (ADDED 1G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 283MG / **POTASSIUM** 423MG

## Peach, Raspberry & Watercress Salad with Five-Spice Bacon

**ACTIVE:** 35 min **TOTAL:** 35 min

***The cinnamon- and anise-forward sweetness of five-spice is the unifying flavor of this fruity, peppery salad. Ottolenghi's original dish was built around a serving of pork belly with a Chinese-style glaze. We've adapted it to feature the greens and fruit and use crisp bacon to deliver the delightfully sticky-sweet glaze.*** (Photo: page 77.)

FIVE SPICE BACON

- 8 ounces thick-cut bacon
- ¼ cup port
- ¼ cup red wine
- 1 tablespoon pure maple syrup
- 2 cloves garlic, peeled
- 1½ teaspoons Chinese five-spice powder

SALAD

- 1 medium shallot, thinly sliced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons cider vinegar
- 1 teaspoon pure maple syrup
- ¼ teaspoon Chinese five-spice powder
- Pinch of sea salt
- ¾ cup fresh raspberries
- 3 firm ripe peaches, cut into ¼-inch wedges
- 4 cups watercress, tough stems trimmed
- ½ small head radicchio, leaves separated and cut into 1-inch strips
- Flaky sea salt for garnish

**1. To prepare bacon:** Cut bacon crosswise into ¼-inch-thick strips. Heat a large skillet over medium heat. Add the bacon and cook, stirring often, until crisp and browned, 3 to 5 minutes. Transfer to a paper-towel-lined plate with tongs or a slotted spoon. Pour the fat out of the pan (discard when cool).

**2.** Return the pan to high heat; add port, wine, 1 tablespoon maple syrup, garlic cloves and 1½ teaspoons five-spice powder. Bring to a boil. Add the bacon and cook, stirring often, until the sauce is almost completely reduced, sticky and coating the bacon, 1½ to 2½ minutes. Remove from heat.

**3. To prepare salad:** Mix shallot, vinegar, oil, syrup, five-spice powder and salt in a large bowl. Stir in raspberries, crushing slightly with the back of the spoon. Add peaches, watercress and radicchio and toss to coat. Serve the salad topped with the glazed bacon. Garnish with flaky sea salt, if desired.

**SERVES 4:** 2 cups salad each

**CAL** 285 / **FAT** 15G (SAT 4G) / **CHOL** 21MG / **CARBS** 23G / **TOTAL SUGARS** 16G (ADDED 4G) / **PROTEIN** 9G / **FIBER** 3G / **SODIUM** 364MG / **POTASSIUM** 459MG.

## Char-Grilled Red Grapes with Burrata, Fennel Seeds & Basil

**ACTIVE:** 25 min **TOTAL:** 55 min

**EQUIPMENT:** Twelve 8-inch skewers

***If you can't find burrata—balls of fresh mozzarella cheese filled with curd and cream—use very fresh mozzarella instead: it won't have the oozing creaminess but the dish will still be delicious.*** (Photo: page 74.)

- 2 cups seedless red grapes
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons Valdespino *or* other high-quality sherry vinegar
- 1½ teaspoons dark brown sugar
- 1½ teaspoons fennel seeds, toasted and lightly crushed, divided
- 1 clove garlic, crushed
- ¼ teaspoon flaky sea salt
- Ground pepper to taste
- 6 ounces burrata cheese
- 6 small sprigs fresh red *or* green basil *or* ⅓ cup small fresh basil leaves

**1.** Combine grapes in a medium bowl with oil, vinegar, brown sugar, 1 teaspoon fennel seeds, garlic, salt and plenty of pepper. Mix well and set aside for 30 minutes, stirring occasionally.

**2.** Skewer 6 to 7 grapes onto each of 12 skewers. Reserve the marinade.

**3.** Heat a grill pan over high heat or preheat grill to high. Grill the grapes until lightly charred, turning once, about 2 minutes total.

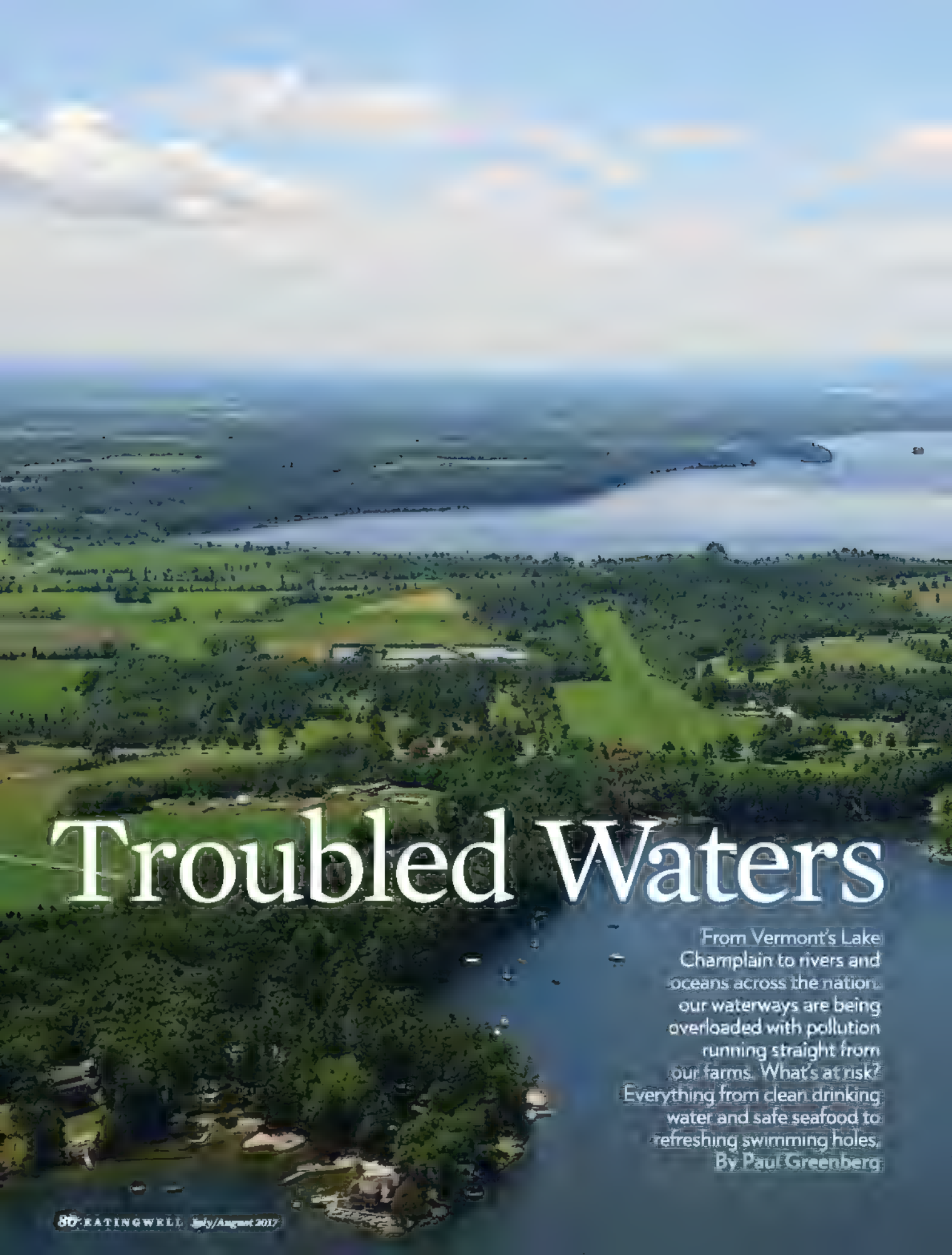
**4.** To serve, place burrata and the grape skewers on a platter. Spoon the reserved marinade over the cheese. Sprinkle with the remaining fennel seeds. Garnish with basil.

**SERVES 6:** 2 skewers & 1 oz. cheese each

**CAL** 176 / **FAT** 14G (SAT 5G) / **CHOL** 20MG / **CARBS** 11G / **TOTAL SUGARS** 9G (ADDED 1G) / **PROTEIN** 6G / **FIBER** 1G / **SODIUM** 179MG / **POTASSIUM** 109MG.

STYLING: LILLIAN KANG-TODD • LAIRE MACKNOLDS

**TASTE THE RAINBOW** Find fresh fruit salad recipes in every color at eatingwell.com/webextra



# Troubled Waters

From Vermont's Lake Champlain to rivers and oceans across the nation, our waterways are being overloaded with pollution running straight from our farms. What's at risk? Everything from clean drinking water and safe seafood to refreshing swimming holes.

By Paul Greenberg

Summer homes line Lake Champlain in Addison County, Vermont. For every square mile of lake, 18 square miles of land drain into it. Much of it is forested and about 20% is farmland, in particular dairy. The area's farms contribute the lion's share of the phosphorus that ends up in the lake each year. Excess phosphorus leads to algae blooms, a big problem for anyone hoping to enjoy the lake.

If you were to go looking for a magnificent American body of water worthy of an epic end-to-end swim, Lake Champlain might be it. Carved out of high country by glaciers, fed by Green Mountain brooks and icy Adirondack springs, it stretches 120 miles, forming much of the border between New York and Vermont. It provides drinking water for 145,000 people. But in 2004, when clean-water activist Christopher Swain swam the full length, he was immediately confronted by the truth: Lake Champlain was anything but pristine. "I swam through clouds of manure runoff that were kind of slippery and sticky at the same time," Swain recalls. "I could smell the fertilizer, when it was pouring down rain. There was this lawn-and-garden chemically smell." In the northern reaches of the lake, he swam through blue-green algae. In the south, he encountered invasive aquatic weeds that entangled him. At another point, he felt a tingling on his leg, "like a cellphone buzzing in my pocket." It turned out to be a sea lamprey, an eel-like, parasitic fish, trying to suck his blood.

The stink, the animal feces, the algae blooms, even the lamprey were all "things that didn't belong here. Sure, now that the sun of the place," Swain says. "Many could be linked to nutrients that leach from farms upstream and fertilizers flowing from fields and lawns, making their way into streams and eventually the lake. This persistent ooze of waste has been steadily rising over the last century, changing the lake's ecology and stimulating the growth of blue-green algae, which can prove fatal to dogs and toxic to humans. Beach closures have become an annual summer event in part due to the toxic algae, setting up a conflict between those like Swain, who prize Champlain for its recreational

> "Conservation is about keeping your soil and minerals on your own farm. And that's exactly what I wasn't doing."
>
> —Guy Choiniere

opportunities and those who make a living by growing food in the watershed

But Champlain is just one lake in a much larger struggle. Today the U.S. Environmental Protection Agency rates nearly half of all American rivers and streams as "poor," with 46 percent of water bodies overloaded with phosphorus and 41 percent with nitrogen, much of which flows off farms in the form of fertilizers, manure and soil. These farm-born pollutants overwhelm the Susquehanna River and the Chesapeake Bay that it feeds; they choke the San Joaquin on down to San Francisco Bay; and they punish the Mississippi River ecosystem all the way south to the Gulf of Mexico, where excess nutrients stimulate the growth of oxygen-sucking algae, which in turn create an annual dead zone bigger than the state of Connecticut. *(See "America's Food & Waters," page 86.)* The complex array of problems tied to this pollution not only pits die-hard greens against regulatory-averse farmers, but fishermen against dairy producers, neighbor against neighbor. With the Trump administration in Washington viewing clean water regulations as a symbol of regulatory overreach, these conflicts are poised to rise to a fever pitch.

### LEGISLATING BETTER WATER

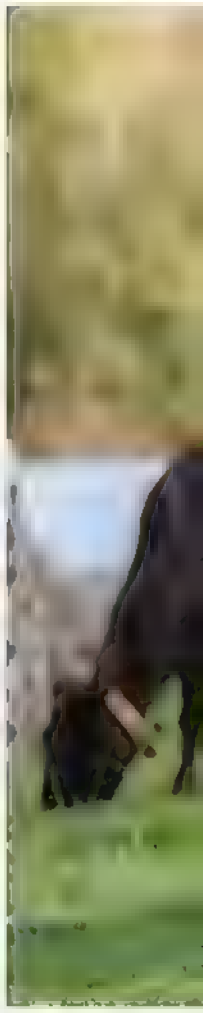
In today's political climate, it might be hard to believe that at one time the country was nearly unified in the fight for clean water. In 1972, Congress overrode President Nixon's veto and passed what is commonly called the Clean Water Act, one of the country's most significant environmental laws, which continues to shape water quality to this day. Ohio's Cuyahoga River no longer catches fire from dumped petrochemicals (the 1969 fire became a symbol that helped launch the environmental movement). A corporation can no longer dump oil in the ocean and walk away scot-free. The billions BP paid to settle claims from the 2010 Gulf spill are a direct result of the Clean Water Act's provisions. That's because the Clean Water Act subjected polluters that directly discharge waste into America's waterways to permitting, fines and potential lawsuits if they fail to comply with regulations. These were designated as "point source" polluters, because the sewer pipe, or wastewater plant, could be easily identified as the source.

But the act also defined "nonpoint source" pollution, which arises from diffuse sources, such as irrigation ditches that carry fertilizer into rivers, or dry streambeds that can channel cow manure into rivers after a heavy storm. Significantly, agriculture won an exemption under the Clean Water Act, which meant that nonpoint pollution from agricultural sources could continue unchecked. Attempts to limit or more precisely define this exemption are often framed as an attack on farmers by bureaucratic regulators and environmentalists. So progress in cleaning up water often stalls and conflict persists.

But Vermont, in its typically iconoclastic way, has tried to bridge the opposing camps. Starting a few years before Christopher Swain was stroking across Champlain's murky surface, state regulators sought common ground to take action and restore the lake. The resulting water-protection rules have been exemplary. If the Trump administration succeeds at rolling back federal water regulations, Vermont and Lake Champlain may well serve as an example for other states that want to clean up their local waters while keeping farmers solvent.

### UPSTREAM ON THE FARM

Guy Choiniere is a third-generation Vermont dairy farmer based in the village of Highgate Center. His operation, which is certified organic, sits on 450 acres of rolling land that today is an incarnation of the well-managed farm. Grasses of a half dozen varieties flutter in the light breezes, 100 healthy cows loll in the fields and rest peacefully in the loafing barns, and a robust buffer of woods and shrubs guides the eye down to the Rock River, which meanders to nearby Lake Champlain. But 15 years ago, Choiniere's farm was an exposed swath of mud and manure—just the sort of farm that would be a source of nonpoint water pollution and a direct threat to Vermont's great lake.



"There wasn't a blade of grass on those riverbanks," Choiniere comments as he ambles over clover and vetch. "The cows were destroying it. There were landslides every other year. Conservation is about keeping your soil and your minerals on your own farm. And that's exactly what I wasn't doing. I attracted attention long before

## The Decline of a Watershed

**1609-1750s**
Samuel de Champlain sights the lake in 1609. More than a century of British-French conflict ensues, but the land and valley remain relatively untouched. Abundant salmon, lake trout, sturgeon and whitefish are noted. An early observer writes that a man standing on a wagon in a tributary with pitchfork in hand could "obtain in a few minutes all the fish needed for consumption."

**1750s-early 1800s**
Old-growth forests are felled as settlers clear land for farming. 60% of the basin is logged, releasing millions of tons of sediment containing massive amounts of phosphorus. The entire Northeast loses 99.5% of its old-growth forests.

**1800-1930s**
The Champlain-Hudson Canal opens the lake to sea lamprey. Silt washed into the lake and tributaries from logging and farming increases lamprey spawning habitat—soon they prey on trout and salmon. New dams on the lake's tributaries block spawning of salmon, sturgeon and other valuable fish. Causeways built across the lake impede water flow in shallow northern bays, leading to further concentration of nutrients. Thanks to these factors, along with overfishing, salmon and lake trout are extinct in the lake by 1900.

ILLUSTRATIONS BY STEVE SANDERSON

Each of the roughly 129,000 adult dairy cows in Vermont creates about 120 pounds of manure a day. For farmers, whether they run an organic farm like Guy Choiniere's *(left)* in Highgate Center or a conventional one, managing manure is a big part of the job.

these rules were mandated"—because of fertilizers and manure he routinely spread on his fields that leached into the Rock River.

Guy Choiniere's farm shows how agricultural pollution built up not just over years but centuries. Choiniere is of Quebecois heritage and his French predecessors were the first white men to colonize the valley after Samuel de Champlain "found" it in 1609. The farm, like the rest of the Champlain Valley, had been covered in forest, which the settlers cleared, starting the first big pulse of pollution into the lake. *(See "The Decline of a Watershed," below.)*

Cleared trees and dairy cows, however, weren't the only source of the lake's rising levels of nutrient pollution. An even more potent vector arose by the time Choiniere's father carved out his farm from the family land. "My dad took over in the '60s and that's when corn took over," Choiniere explains. His father followed conventional advice to rely on

**1930-1950**
Dairy becomes Vermont's principal agricultural product. Farmers begin draining wetlands around the lake, further removing buffers to runoff of nutrients and other pollution. By 1980, 35% of Vermont's wetlands are drained, largely for farmland.

**1960-1985**
Farmers become reliant on corn to feed dairy cows. They supplement exhausted soils with phosphorus-rich industrial fertilizers. Cornfields are often tilled down to streambanks, releasing still more phosphorus. Manure is regularly spread on fields, with much of it running off into water instead of being absorbed into the soil.

**1999-present**
Blooms of cyanobacteria (blue-green algae) become commonplace in summer. Overflow stormwater runoff leads to increased levels of *E. coli*. These two factors trigger regular beach closures.

feed and reduce the time cows spent on pasture eating grass, with the goal of pumping more milk from the cows. "As cows' genetics improved we were milking heavier so we had to satisfy their energy needs," Choiniere says. "And corn became a nice energy source. Cows love it."

But corn—with all the fertilizers and pesticides it takes to produce—is an exceptional burden on waterways. Unlike pasture, which keeps ground covered in grass year-round and the soil intact, corn requires plowing and added nutrients to pump up yields. To supplement soil with nitrogen and phosphorus, farmers spread cow manure, never in short supply on a dairy farm, as well as chemical fertilizer on their plowed fields. Through the winter snow and spring rains, fields are kept bare—meaning that the exposed soil can wash away. Besides adding sediment to the watershed, the soil has phosphorus bound up in it, adding to the nutrient load. Until the early 2000s, most Vermont corn was grown this way. Even though their goal was to fertilize corn, farmers were inadvertently overfertilizing Lake Champlain.

### AT WATER LEVEL

Phosphorus and nitrogen stimulate plant growth, which is why farmers spread them on their fields. But when rains wash fertilizers and manure into streams and lakes, these nutrients feed microscopic algae. During warm weather, they proliferate at a tremendous rate in "algae blooms."

They're an eyesore, turning lakes bright green and portions of ocean, such as the Gulf of Mexico, red. These algae consist of multiple species, some harmful, others benign. They foul shorelines, lakes and rivers. Particularly worrisome is blue-green algae, which is technically a bacteria known as cyanobacteria. These microorganisms can produce toxins that kill fish, mammals and birds. Across the country, dogs have died after swimming in lakes and rivers choked with blue-green algae. People have also been sickened, because under certain conditions, the algae emit toxins that can cause rashes, respiratory symptoms, diarrhea and intestinal pain, and with long-term exposure, may harm the liver and digestive system.

Preliminary research at Dartmouth College has linked cyanobacteria toxins to ALS (Lou Gehrig's disease). Researchers mapped higher-density clusters of people with ALS across northern New England near lakes with the lowest water quality that are likely to have harmful algae blooms. The researchers suspect that toxic algae blooms may play a causal role in clusters of the neurodegenerative disorder. But they warn against overreacting, saying that

*(continued on page 88)*

# Good Farm, Bad Farm

From barn to streamside, these farming practices protect water bodies—or don't.

**BAD PRACTICES**

1. Cows spend much of their time in a barn with a big roof. Rain runs freely off the roof and **water puddles around the barn,** mixing with manure before seeping into the ground or running off.

2. **A large pit collects manure.** Although better than no management, this smells, often leaks and can overflow. It can contaminate soil and groundwater with excess nitrogen.

3. Farmers **spread manure on fields** to manage it, making it more likely to run off into the water.

4. **Cows roam freely** including into streams and drainages. This causes erosion and direct water contamination.

5. Fields are planted with **corn to feed cows.** At the end of the season, fields are tilled and left bare, making them more susceptible to runoff and erosion.

6. Almost **no** land is in **pasture.**

7. Row crops and bare ground lead down to the river. Plus a **tiled drainage system** installed under row crops funnels excess nutrients straight into the water.

ILLUSTRATION BY STEVE STANKIEWICZ

GOOD PRACTICES

**8** Barns have **underground catchment systems** to slow runoff of dirty water, allowing it to slowly filter through soil. Gutters on the roof direct clean water to separate areas.

**9** Manure goes into a **methane digester** generating energy for the farm. The digester also produces liquid manure, which is injected into the soil as a fertilizer. **Manure injection** limits runoff.

**10** Cows traveling from pasture to pasture are restricted to a few **paved pathways,** limiting erosion. Bridges over streams protect banks.

**11** For farmers with some land in corn, **"no-till"** or **"low-till"** practices limit turnover of soil and slow down the release of nutrients. **Cover crops** like winter rye planted immediately after corn harvest further lock soil in place.

**12** Trees and shrubs planted in a 20-foot or wider swath create a **streamside buffer strip** around the river to reduce erosion and absorb excess nutrients before they can enter the water.

**13** More land put back into **pasture keeps ground covered** year-round, preventing loss of nutrients. Though production per cow is lower, "grass-fed milk" earns a premium over regular organic and conventional milk, incentivizing good practices.

# America's Food & Waters

Every day, U.S. agriculture guzzles 117 billion gallons of freshwater (the single largest demand after the power industry). And ag creates water pollution issues from coast to coast. Here are a few examples.

*—Anne Treadwell*

**HANGMAN CREEK** Around Hangman (aka Latah) Creek in Washington state, wheat grows well in the light, silty soil and livestock range freely. The downside is topsoil erosion—in spring, the raging creek looks like chocolate milk—and high coliform counts. The local Coeur d'Alene tribe is working to restore this once-legendary fishing stream. Water-quality experts are advocating a no-till growing method to lessen soil disruption and are encouraging efforts to keep cattle out of the creek.

**SACRAMENTO RIVER** California relies on irrigation to grow vegetables, fruits and nuts. Water use here is a delicate balance. In the San Joaquin River Delta, for example, levees manage saltwater, rice paddies and freshwater for irrigation. Residues from pesticides applied to almond and fruit orchards pollute the Feather and Sacramento rivers that empty into the Delta. Targets for reduced usage of certain pesticides have been met, but the EPA is now finding pollution from new insecticides.

**COLORADO RIVER** When the 1,450-mile Colorado River reaches the Gulf of California there's barely any water left. Three-quarters of the river's water goes to irrigate around 5.5 million acres of cropland in six states, nearly half of that outside the river basin in places like California's Imperial Valley. "If you're eating carrots or lettuce in the winter, chances are the Colorado irrigated those crops," says Aaron Derwingson, agriculture coordinator for the Nature Conservancy's Colorado River Project.

**BIG BLUE RIVER** Nebraska has nearly 10 million acres planted in corn. Atrazine and glyphosate (Roundup), herbicides used to control weeds in corn, have been found in wells and water supplies here. The World Health Organization has deemed glyphosate a probable human carcinogen. In 2016 the EPA released a draft assessment of atrazine that cited excessive risk for animals and fish. These chemicals may linger in water and in aquatic organisms including fish

ILLUSTRATION BY STEVE STANKIEWICZ

**RACCOON RIVER** Iowa is our top pork-producing state. To make its fine, poorly drained soils suitable for corn and soy (much of it grown to feed pigs), Iowa farmers have built underground tiled drainage systems. The tiles quickly drain water, along with nutrients from fertilizer. One result: the Raccoon and Des Moines rivers, which provide drinking water for Des Moines, have nitrate levels among the highest in the U.S. A federal judge recently dismissed a suit by the Des Moines Water Works that aimed to stanch the pollution.

**WESTERN LAKE ERIE BASIN** Runoff from soy and corn production (mostly for animal feed) around the Maumee and other rivers in the Western Lake Erie Basin around Toledo, Ohio, has led to elevated phosphorus, algae blooms and a dead zone in Lake Erie. An increase of soybean crops grown using no-till agriculture has been good for erosion control. But some experts think no-till may contribute to the problem by leaving phosphorus fertilizers in the soil's top layers where they are more susceptible to being washed off by storms.

**CATSKILL/DELAWARE WATERSHED** New York City, home to 8.5 million people, is renowned for the quality of its drinking water, thanks to careful oversight of the watershed that surrounds its reservoirs in the Catskills. Over the past 20 years NYC has committed $1.7 billion to a comprehensive watershed-protection program that aims to protect drinking water at its source, including by acquiring land to preserve open space. The city has also worked with hundreds of watershed farmers to create whole-farm plans, build new farm infrastructure and improve the quality of runoff from farmlands into nearby streams. NYC's programs are considered an international model for source-water protection.

**CHESAPEAKE BAY** Large and small farms alike pollute the Chesapeake Bay. Nitrogen and phosphorus runoff from large chicken farms on Maryland's Eastern Shore has lessened due to environmental regulation, but nutrients lingering in the soil continue to leach into rivers. Small-scale traditional family farms in southeastern Pennsylvania contribute to the pollution as well—these low-tech operations often lack systems for manure storage or keeping livestock out of streams.

**CAPE FEAR RIVER** North Carolina became the nation's second-largest pork producer after the state loosened environmental regulations starting in the '80s. Now hogs in concentrated animal feeding operations (CAFOs) surround the Cape Fear River, which flows into the Atlantic. Animal waste—collected in lagoons and sprayed on fields—pollutes groundwater and surface water with nitrogen, phosphorus, heavy metals (added to feed for animal nutrition) and fecal bacteria including *E. coli*.

**CACHE RIVER** Expansive plantings of rice, soy and cotton have shrunk the forest that once dominated the Cache River basin in northeast Arkansas. Pollutants from farming, including lead and eroded soil, contribute to the dead zone downstream in the Gulf of Mexico. Some positive news: the 67,500-acre Cache River National Wildlife Refuge—where the presumed-extinct ivory-billed woodpecker was spotted in 2005—is in the process of expanding.

**GULF OF MEXICO** The dead zone that forms each summer in the Gulf is one of the largest globally. Polluted water from the Mississippi River sits on top of the saltwater and prevents oxygen-rich surface water from mixing with the deep waters. Starved of oxygen, the Gulf's native fish and wildlife must leave or die. The nitrogen and phosphorus in the Mississippi River come largely from agricultural sources. About one-third of the 1.2 million square miles that drain via the Mississippi to the Gulf are cultivated cropland.

(continued from page 84)
swimming in fouled water once won't cause the disease. If there is a connection between ALS and cyanobacteria it likely involves long-term exposure to cyanobacteria, as well as a genetic predisposition to the disease and other environmental or chemical triggers.

Though this research sounds scary, it is not conclusive at this point, and many other potential factors could have caused the ALS clusters. "We agree that there should be rigorous research into that devastating disease, but this hypothesis about a linkage with a particular amino acid in cyanobacteria is not supported," says Vermont state toxicologist Sarah Vose, Ph.D.

Although Vermont authorities say there are no records of serious human health effects from blue-green algae on Lake Champlain, beach closures occur every summer, impacting the $300 million in annual recreational revenue from vacationing families, watersports enthusiasts and fishermen. Cyanobacteria isn't the only culprit: *E. coli* from livestock, pets and untreated sewage can foul the lake too. By the early 2000s, beach closures were common—between 2012 and 2014, there were more than 60 closures.

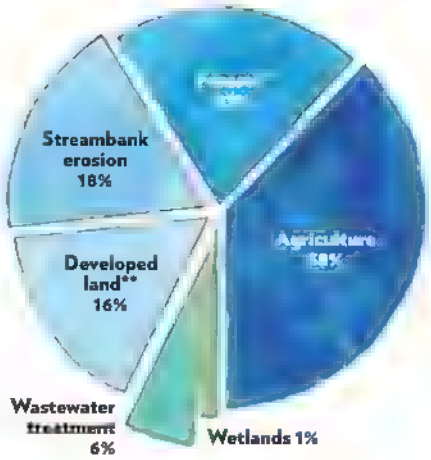
Algae—both toxic and nontoxic species—are harmful in other ways too. In warm weather, the blooms shade out more benign aquatic plant life. Once the algae die off in winter, waterborne bacteria gobble them up and multiply, consuming oxygen from the water and choking fish and other species. By springtime, a pond suffering from nonpoint source pollution and algae blooms may be effectively dead. Were this just occurring in Lake Champlain, the concerns would perhaps not travel further than the state legislature. But the blooms occur in nearly every state, peaking in August and September, though no national agency tracks them—or the illnesses they cause.

The Gulf of Mexico's oxygen-poor "dead zone," for example, comes like clockwork each summer as nutrients flow from the heartland and out the mouth of the Mississippi River into the Gulf. This feeds the *Karenia brevis* algae that cause "red tide." State agencies closely monitor red tide, closing shellfish beds and limiting fishing to ensure contaminated seafood doesn't make it to consumers. The states surrounding the Chesapeake Bay have tried, for decades, to address nonpoint pollution and algae blooms, but annually receive failing marks on water quality, much to the chagrin of seafood lovers. In the Midwest, favorite summer lake-recreation spots suffer because visitors can't enjoy waters fouled with blue-green algae.

And then there's drinking water. In 2014, the city of Toledo shut down its water supply, forcing it to truck in bottled water, because of blue-green algae that engulfed the western end of Lake Erie. (Vermont, New York and Quebec have been mostly successful at treating the 20 million gallons of water that's drawn from Lake Champlain each day for algae and other pollutants.)

Des Moines, Iowa, faces a related crisis, spending millions of dollars each summer so its water utility can clear drinking water of nitrates, which arise from fertilizer runoff and can be especially harmful to infants and small children. "Look at the culverts discharging [agricultural runoff] into the Raccoon River"—the main source of drinking water for 500,000 people, says Des Moines Water Works utility manager Bill Stowe. "They have the exact same configuration as if they were coming out of a city storm-sewer system. But thanks to our friends at EPA, agriculture has an exemption for stormwater discharge under the Clean Water Act." The utility sued three northern Iowa counties to block upstream agricultural pollutants, but a federal judge dismissed the closely watched suit in March 2017. The judge said it was up to the Iowa state legislature to act.

**Sources of Phosphorus Pollution in Lake Champlain**




* This number is so big because much of the watershed is forested. Forests, as part of their natural cycle, release phosphorus on an ongoing basis.

** Runoff from parking lots, lawns, etc. (also increases river flow and consequent erosion)

SOURCE: LAKE CHAMPLAIN BASIN PROGRAM, 2015 STATE OF THE LAKE REPORT

## SUING TO SAVE OUR WATERS

Guy Choiniere would never say that the Clean Water Act or any regulation caused him to completely rethink his way of farming. Like most good farmers, he senses, almost preternaturally, what his land needs. As the Clean Water Act's co-drafter Thomas Jorling notes, "Farmers tend to be much more knowledgeable about natural systems than people who've gotten a Ph.D."

But the aspirations of the Clean Water Act and the failsafe devices baked into the legislation made a radical change economically feasible in a state like Vermont—even when it involved rethinking agriculture. Jorling, then a Senate staffer, and the other drafters of the act recognized that "government agencies have a tendency to become paralyzed by complexity or funding." So they wrote the Clean Water Act in such a way that there was no legal wiggle room if water quality fell below an acceptable threshold. In other words, if the powers that be are not doing their job to keep the water clean, the act allows them to be sued. The "civil suits" provision in the act gave the people of New England legal recourse when the water in Lake Champlain became unacceptable. Which is exactly what happened.

In 2002, the state of Vermont proposed phosphorus limits for the lake to comply with the Clean Water Act, setting a "Total Maximum Daily Load" (TMDL) that marks a threshold for the maximum amount of pollutants that a body of water can handle each day. But the evolving science on the matter convinced the nonprofit Conservation Law Foundation that these limits were insufficient to stop the algae blooms and protect the ecology of the lake. So in 2008, the foundation sued the EPA, arguing that the Feds needed to step in, revise Vermont's limits and fund measures to reduce the flow of nutrients into the lake. The EPA and the state eventually agreed to set a lower TMDL for the lake, which was issued in 2016.

Since the bulk of the lake nutrients arise from farms, the state realized it had to focus on that source. Luckily federal conservation grants are available to farmers, paying for water-protecting measures, such as streamside vegetation buffers. These USDA grants, which increased from 2002 through 2014, can amount to hundreds of thousands of dollars for even small farmers. Funded every five years under the massive Farm Bill, they have a good chance of surviving in the Trump era because of support by Republican lawmakers in Congress. The money, after all, flows to farm-state constituents.

In Vermont, federal programs work in tandem with the state's water-cleaning Act 64. Passed in 2015, the law requires all farms to start using specific farming techniques to reduce runoff by July 2017. Even farms with fewer than 50 animals

STEVE STANE EW '17

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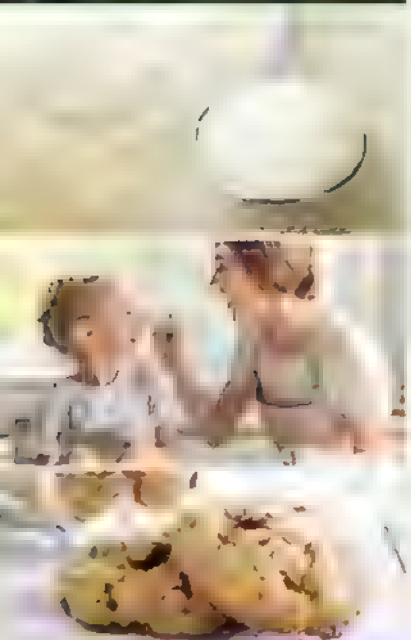

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# 6 Everyday Choices to Keep Water Clean

**Go Grass-Fed:** Switching cows to grass, instead of grain, leads to less phosphorus pollution—up to 75 percent less for beef and 23 percent for dairy—according to USDA researchers. "The change in land use provides the benefit," explains Al Rotz, agricultural engineer with the USDA. Converting grain row crops to grass provides stable cover, reducing nutrient runoff. However, grass isn't necessarily perfect. "A poorly managed grass system could be worse than a well-managed crop system," adds Rotz.

**Know Your Fish:** Questionable fish-farming practices can pollute water bodies. Oversight of U.S. aquaculture makes domestic farmed fish mostly eco-friendly. Fish farms in other countries are improving, but some continue to discharge antibiotics, hormones, pesticides and excess waste into surrounding waters. Check *seafoodwatch.org* to see which farmed fish get the green light from Monterey Bay Aquarium. Better yet, choose oysters, mussels and clams—they naturally filter and improve water quality.

**Box the Rain:** One inch of rain on a 1,200-square-foot roof can create 750 gallons of runoff that flows across your driveway where it picks up debris (like trash, oil and copper dust) and ferries it into waterways. Install a rain barrel to keep water for your plants or lawn. Researchers estimate capturing rainwater can reduce stormwater runoff up to 20 percent. Another option: create your own rain garden to further reduce runoff.

must use practices like manure injection, underground catchments for stormwater runoff and extension of streamside forested buffers—all measures that are designed to protect the watershed and can often be funded under federal farm programs. *(See "Good Farm, Bad Farm," page 84.)*

## HOPE FOR THE FUTURE

The impact of well-placed farming subsidies and water-quality management laws are now evident on many farms in Vermont. At Lorenzo Whitcomb's conventional dairy farm just outside of Burlington, he sows winter rye as a cover crop over his harvested cornfield. In just 10 years, cover crops in Vermont have gone from 50 to 25,000 acres. On the southern end of the lake in Orwell, where 24-year-old Rachel Orr has taken over from her father to run their 200-cow dairy farm, the young farmer produces a dictionary-thick "nutrient management plan" that pinpoints her soil types down to the square foot and indicates precisely the amount of fertilizer that needs to be applied. All of these different efforts were co-funded by federal and state matching grants.

But most impressive is Guy Choiniere's organic farm. When farm inspectors first started snooping around his property in the late 1990s, he admitted it was hard to take. "Someone coming onto your farm and telling you you've got problems is very insulting," Choiniere recalls, echoing a common complaint of farmers. "We had to get over that." Ten years later, strolling through his pastures, it is clear he is very much over it.

> "Being sustainable is money in my pocket. That's the name of the game for staying in business."
>
> —Guy Choiniere

Beneath his barn, catchments slow drain water and cause it to percolate slowly through the soil, filtering out nutrients. Up ahead is a cow path that had previously been a mudslide but has been reworked as a tidy, erosion-proof stone lane. And leading down to the river itself is a lush forest planted with the most efficient trees for absorbing nutrients before they can hit the river and fertilize an algae bloom. All this was partially financed by an active federal and state government grant program, including $250,000 from the USDA's Natural Resources Conservation Service. Choiniere chipped in around half of the bill for the improvements—eager to grow his business and lighten his farm's footprint.

Eventually Choiniere took a leap of faith and went a step further than the government required. He went organic and planted his cornfields back into native pasture. Since pasture is never tilled, it holds the soil and nutrients better than an annual crop like corn. And there are other benefits. His vet bills have plummeted now that his animals are 100 percent grass-fed. The price he earns from his milk has risen 15 percent and he spends nothing on tilling.

STEVE STANKIEWICZ

**Ditch Fertilizers:** Home lawn and garden fertilizers contribute one-third or more of the total nitrogen in urban watersheds, University of Minnesota researchers found. That's more than comes from golf courses, cemeteries, parks and campuses combined. If you must use fertilizer, look for one made with controlled-release or slow-release nitrogen.

**Skip Mowing (this week):** Let grass grow long and set the mower blade to 3 inches or higher to support a deeper root system that requires less water. Deep roots mean grass can grow even during drought, and without bare, brown patches, nutrients stay in place. When you mow, leave clippings behind as a slow-release fertilizer. Check *cbf.org* (Chesapeake Bay Foundation) for more water-friendly landscaping tips.

**Scoop the Poop:** Dog waste is high in fecal coliform bacteria, which can contaminate watersheds. It's also a large source of phosphorus and nitrogen in urban waterways, according to University of Minnesota researchers. – *Sara Ventiera*

"Being sustainable is money in my pocket," he says, as he looks out over his lush fields. "That's the name of the game for staying in business. Agribusiness will give you recommendations all day long. How much fertilizer to use. How much grain to feed... Me, I went with my instincts."

In other words, in a bid for water quality, measures were put in place that ultimately improved farming and, in Choiniere's case, profitability. But even farmers who have not gone organic or reverted to pasture have taken basic but effective steps. And those successful in controlling their nonpoint pollution have seen profits rise, says Ryan Patch, ag development coordinator for Vermont's Agency of Agriculture, Food and Markets. He oversaw many of the state's listening sessions with farmers leading up to Act 64 and recalled a number of "aha" moments when farmers would suddenly exclaim, after a nutrient-management training course, "You just saved me $10,000 in fertilizer!" Savings arose because nutrients were applied more judiciously and kept on the farm instead of washing into Lake Champlain.

Of course not everybody in the agricultural community is on board. Plans to reduce nutrient runoff hit roadblocks last year, when farmers sought more time to implement the kind of measures that Choiniere champions. Across-the-board change, it seems, won't come easily.

Nor will it come fast. Although some streams running into the lake show marked improvement, others continue to exceed their nutrient limits. And portions of the lake remain far above target levels for phosphorus, meaning a continued pattern of toxic algae blooms, summer beach closures and dead zones for aquatic life. But Patch, for one, takes a long view. "I am optimistic about the road map we've laid out," he says, speaking of the state's plans. "We'll do it with the help of the farms." He also notes that the lake is dealing with centuries of human impacts – all the latent pollution from logging, erosion and residential development – that "won't be able to be addressed until we shut the faucet off" from all the farms upstream. Patch and other officials estimate that it will take 20 years to close the tap for good, and once that's done, they can begin to reduce the residual nutrients in the lake.

Will the rest of the country, facing similar water-quality crises, follow suit? In these tumultuous times, with environmental regulations under siege from the White House, the paths that individual states and the federal government take on water quality may diverge. Vermont, as its most famous poet, Robert Frost, once wrote, is taking the road "less traveled by." Whether other states head down that road, too, will determine how clean our nation's water will be in the future.

**PAUL GREENBERG** *won a James Beard Award for his book* Four Fish *and is the writer-in-residence at the Safina Center. This article was produced in collaboration with the Food & Environment Reporting Network, a nonprofit investigative news organization, with additional reporting by* **Kristina Johnson**, *FERN's associate editor*

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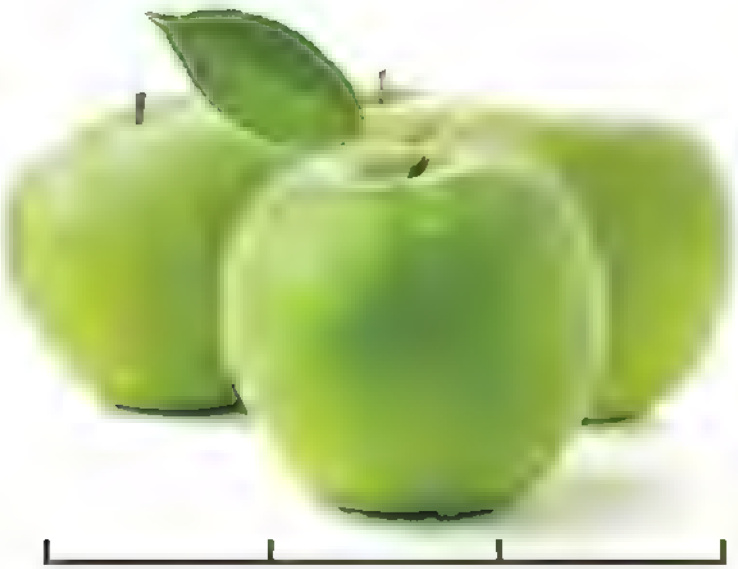

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SMARTS FROM OUR TEST KITCHEN

# morsels

## Alfresco Style

Pack up your favorite sandwiches, snacks and a chilled bottle of rosé—it's time to bring the party outside with some of our favorite sustainable and reusable products.

*Breana Lai, M.P.H., R.D.*

**1 [illegible]**
Coyuchi has crafted [illegible]ganic [illegible]on products [illegible]26 years. The Sutro Stripe Coverlet and Cross-Dye Napkins are soft and absorbent, plus they're made in a factory that recycles 90% of its wastewater. *(From $38; coyuchi.com)*

**2 Maple [illegible]**
Leftover sawdust from U.S. maple furniture mills and window factories is combined with BPA-free plastic to form bowls perfect for serving summer salads. The larger bowls can also double as ice buckets. *(From $3; wayfair.com)*

**3 Govino Drinkware**
Reusable, recyclable and dishwasher-safe, this eco-friendly drinkware is a must for upscale picnics. BPA- and BPS-free, it comes in wine, beer, cocktail and carafe shapes. Plus, the handy thumb-notch makes it easy to hold. *(From $9; govinowine.com)*

**4 Bamb[illegible]**
This sturdy dinnerware, flatware and servingware made from organic bamboo come in multiple sizes. Wipe down with a clean, wet cloth and reuse them or [illegible] into the compost along with food scraps. *(From $8; bambuhome.com)*

**5 [illegible]**
A natural alternative to plastic wrap, Bee's Wrap is organic cotton coated with beeswax, jojoba oil and tree resin. Stretch and press to seal around salad bowls and wrap up sandwiches. Wash, dry and reuse for up to a year or compost. *(From $6; beeswrap.com)*

LEIGH BEISCH STYLING; DAN BELCHER FOOD STYLING; GLENN JENKINS PHOTOS

# Scoop Your Fruit

Transform fresh fruit into a frozen treat in 20 minutes? It's possible with the Cuisinart Fruit Scoop ice cream maker ($100). Thanks to a unique paddle, fresh fruit is crushed and cooled simultaneously, creating silky fruit sorbet—no sugar needed. The process is simple: store the ice cream bowl in the freezer overnight, load it with ripe fruit and press ON. We found banana mixed with other fruit, such as strawberries or raspberries, creates the best texture. And if you're craving mint chocolate chip ice cream, don't worry: this machine can make it too. Just swap in the ice cream paddle attachment and boom, you're in frosty heaven. *B.L.*

**COMBOS TO TRY**

| | | |
|---|---|---|
| 2 cups sliced banana | 2 cups raspberries | 2 cups blueberries |
| + | + | + |
| 1 cup diced mango | 1 cup sliced strawberries | 1 cup blackberries |

**FREEZE THE RAINBOW** Spread multiple flavors in alternating stripes, such as banana-mango and raspberry-strawberry *(shown here)*, in a 9- by 13-inch pan, cover and freeze until firm, about 4 hours.

Find more recipes for frozen treats at eatingwell.com/webextra



TEST KITCHEN/OFFSET STYLING: MARIAH ABEL; INSET: COURTESY OF IKEA

YOUR SUMMER GUIDE TO PRODUCTS, PROMOTIONS & SPECIAL EVENTS

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*So Delicious® Salted Caramel Cluster Cashewmilk Frozen Dessert: 180 cals/serving. Leading dairy ice cream pint: 270 cals/serving.

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**HOT SNACK** Hummustir's shelf-stable packaging lets you whip up fresh hummus—no food processor, no preservatives and no refrigeration needed. Each kit comes with a packet of organic chickpea puree, toasted tahini and a spice blend to make one of the four flavors: Classic, Mediterranean (lime and garlic), Village (garlic and cumin) or Blazin (habanero). Keep on hand for your next picnic, at your desk for lunch or for pop-in visitors craving a healthy snack. The smooth texture and zesty flavor rivals any homemade hummus. Squeeze, sprinkle, mix, eat! *($20 for 4: amazon.com)* —*B.L.*

SHOP SMART

# Pick a Perfect Pop

**HERE'S HOW TO FIND THE HEALTHIEST AND TASTIEST ICE POPS. BY JULIA WESTBROOK**

**Fruit pops** range from all-fruit ones to confections made with sugar, coloring and fruit flavor. Stick with those that list fruit or fruit puree first on the ingredient list (or second after water). Many pops are made with fruit juice, which provides some of the same nutrients, but they usually have more total sugar. Look for ones that are 100% juice.

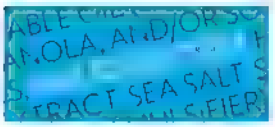
Some brands blend veggies into their pops—they're generally no more or less healthy than their fruit-only counterparts. Some fruit pops add a swirl of milk or ice cream, which gives a creamy texture but may add calories from sugar and fat.

**Chocolate pops** are typically made with milk (dairy and nondairy), cocoa and sugar. The milk adds fat and protein not found in fruit pops, which means a higher calorie count. For a reasonable treat, look for ones with 100 calories or less.

**Ingredients to Note** Many frozen desserts contain guar gum, locust (aka carob) bean gum and/or xanthan gum. These ingredients improve the texture of ice pops and research shows they're safe. Ice pops can also contain synthetic food dyes. But most real fruit pops are colored with natural dyes, like fruit and vegetable juices or spices.

**Numbers to Look For**
***(per serving)***
**Calories** (fruit pops): ≤ 60
**Calories** (chocolate): ≤ 100
**Sugar:** ≤ 15 g

**Our Favorites:**
- **Nestlé Outshine Fruit Bars**
- **Julie's Organic Fudge Bars**
- **Minute Maid Juice Bars**
- **Chloe's Pops**
- **GoodPop Frozen Pops**




LABEL WATCH

## Maltodextrin

**Found in:** Packaged foods, including baked goods and mixes, crackers and chips, prepared meals, reduced-fat dairy products and meal-replacement shakes

**What you need to know:** Found in an estimated 60 percent of packaged foods, this thickener improves the mouth-feel of food (particularly low-fat products). It's a starch—usually made from corn, but sometimes potato, rice or wheat—that has been processed and dried to a powder.

A similar additive, resistant maltodextrin (not always differentiated on the label) is used to increase soluble fiber in packaged foods. It may "resist" digestion like natural fiber and help lower blood sugar levels. Large amounts may have a laxative effect, but it's unclear whether resistant maltodextrin can help relieve constipation.

Both types of maltodextrin are Generally Recognized as Safe (GRAS) by the FDA and get the green light from watchdog groups. However, emerging research challenges this. A 2014 Cleveland Clinic study found that mice fed maltodextrin had higher loads of harmful gut bacteria (namely, *Salmonella*) and lower defenses against these bugs. The researchers think this may be one reason that people sometimes see digestive symptoms improve when they eliminate processed foods.

**Bottom line:** As food companies try to clean up their ingredients lists, many are ditching maltodextrin. While it's likely not harmful in small amounts, its prevalence is concerning. As we learn more about the intestinal microbiome, limiting additives that pose a threat to gut health may be wise.

—*Anne Treadwell*



REBECCA ALLEN SWEENEY; LIZZY WALLACE

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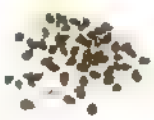
*Support ve but not conclusive research shows that eating 1 5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol d et and not resulting in increased caloric intake, may reduce the risk of coronary hea t d sease FDA) One ounce of walnuts p ovides 18g of total fat, 2 5g of monoun saturated fat, 13g of po yunsaturated fat ncluding 2 5g of alpha nolenic acid - the plant-based omega-3

TIPS & NOTES

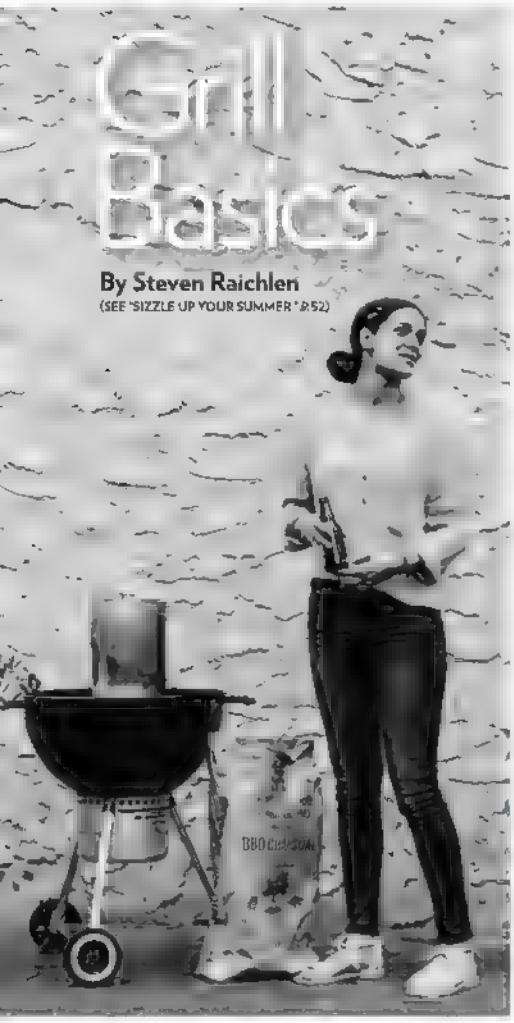
**Padrón peppers** (p.59) are Spanish heirloom peppers closely related to Japanese shishito peppers. Once hard to find in the U.S., the mini peppers are now common at farmers' markets and specialty grocers.

Keep sodium in check and use **no-salt-added cottage cheese** (p.66). It saves more than 300 mg of sodium per ½-cup serving compared to regular cottage cheese but still gives the same tangy but creamy taste



Unhulled **black sesame seeds** (p.79) are nuttier and more aromatic than their hulled white counterparts. Use them as a garnish, in granola or to crust meat or fish. Find them in Asian markets and specialty grocers.

A smaller, thinner variety with deep purple skin, **Japanese eggplant** (p.65) has little to no bitter seeds and a mild, sweet taste. It's great for roasting, grilling and stir-fries. Choose firm eggplants with no bruised areas.



# Grill Basics

By Steven Raichlen

(SEE "SIZZLE UP YOUR SUMMER," p.52)

**1 Fuel It & Light It**

A chimney starter *(shown here)* makes lighting a charcoal grill a breeze. Place coals in the top section and a crumpled newspaper or fire starter underneath. Light the newspaper or starter—the coals are ready to use when they glow red, about 15 to 20 minutes.

For a gas grill, check the propane level to make sure it's ample. Raise the grill lid when you light it to prevent a potentially explosive buildup of gas. The grill should preheat in 10 to 15 minutes.

**2 Make a Multi-Zone Fire**

Building a two- or three-zone fire gives you flexibility when grilling. The direct, high heat over the fire or burner is ideal for searing and quick-cooking. A moderate heat zone with fewer coals (or a gas burner set to medium) allows for gentler cooking. A fire-free, indirect heat zone is a safe spot to move food to if it's cooking too fast or you get flare-ups.

To build a multi-zone fire on a charcoal grill, rake out the coals so you have a hot zone (a double-thick layer of coals), a moderate zone (a single layer of coals) and a coal-free safety zone. For gas, if you have three or more burners, set one or two burners on high; one or two burners on medium; and leave one or two burners off for the safety zone. For a two-burner gas grill, set one to medium or high and leave one off.

**3 Love Your Grill Grates**

Always practice good grill hygiene by starting with clean grates. Before cooking, give hot grates a good scrub with a grill brush. Then, use long-handled tongs to run a vegetable oil-soaked wad of paper towels over the grates. Not only does this prevent sticking, it helps give better grill marks. And remember to clean after you're done grilling (*see Ask Stacy, right*). No, that burnt-on food from last week's grill session does not add flavor.

## "What's the best way to clean my gas grill?" —C. Klatt

Most of us just grill, turn it off and walk away, but over time food residue builds up and can cause unexpected, dangerous flare-ups. For safety and grill longevity, regular maintenance is a must. Here's a general guide for most grills, but check your manual for manufacturer-specific tips.

**Tools You'll Need:**
- Grill brush or scraper
- Metal spatula or putty knife
- Nonabrasive sponge
- Mild dish detergent

**After Each Use:** Manufacturers recommend letting the grill cool completely before cleaning, but because it takes less elbow grease, I carefully clean the grates while they are still warm. Once cool, remove and empty the small grease tray under the grill. Built-up drippings can be a recipe for an unruly grease fire.

**Every Few Months:** Remove the grates and triangular metal protectors that sit directly over the burners. Scrape any residue with a metal spatula or putty knife. Then use a grill brush (or even a paper clip) to clean the tiny holes in each burner tube. Scrape the sides and bottom of the grill box with the spatula or putty knife and push the debris through the hole leading to the drip pan. (Cool grill scrapings can be composted or thrown away.)

**Twice a Year:** Brush the underside of the grill lid to remove any black flakes of smoky grease so they won't fall into your food. Give the whole exterior a good scrubbing with warm soapy water and a nonabrasive sponge. Rinse well with clean water.

***Stacy Fraser,***
***Test Kitchen Manager***

HAVE A QUESTION?
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JOHNNY AUTRY, ILLUSTRATIONS BY EMMA DIBBEN

FLAX
(OMEGA-3)

SESAME
(OMEGA-6)

SUNFLOWER
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(OMEGA-9)

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# recipe index
## NUTRITION ANALYSIS

| | | 45 MIN OR LESS | CALORIES | CARBS (g) | ADDED SUGARS (g) | PROTEIN (g) | FIBER (g) | SODIUM (mg) | POTASSIUM (mg) | GLUTEN-FREE | HEART-HEALTHY | LOW-CAL | VEGAN | VEGETARIAN | DAILY VALUE (20%+) CALCIUM (%) | FOLATE (%) | IRON (%) | VITAMIN A (%) | VITAMIN $B_{12}$ (%) | VITAMIN C (%) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | | | | | | | | | | | | | | |
| 28 | Artichoke & Egg Tartine | ■ | 314 | 23 | 1 | 19 | 9 | 491 | 519 | | | ■ | | ■ | | 47 | | 21 | | |
| 35 | Berry-Coconut Smoothie | ■ | 329 | 58 | 6 | 11 | 9 | 26 | 614 | ■ | | ■ | | ■ | | 23 | | | 37 | 27 |
| 35 | Green Protein Smoothie | ■ | 291 | 60 | 6 | 12 | 7 | 156 | 567 | ■ | ■ | ■ | | ■ | 31 | 47 | 30 | 81 | 25 | 36 |
| 35 | Mango-Ginger Smoothie | ■ | 352 | 79 | 6 | 12 | 10 | 122 | 787 | ■ | ■ | ■ | | ■ | | 21 | 21 | 704 | | 106 |
| **SALADS** | | | | | | | | | | | | | | | | | | | | |
| 79 | Char-Grilled Red Grapes with Burrata, Fennel Seeds & Basil | | 176 | 11 | 1 | 6 | 1 | 179 | 109 | ■ | | ■ | | ■ | | | | | | |
| 79 | Fresh Tomato & Plum Kimchi with Nori Sesame Salt | ■ | 103 | 11 | 1 | 2 | 3 | 283 | 423 | ■ | | ■ | | | | | | 31 | | 39 |
| 24 | Grilled Summer Vegetable Salad | ■ | 135 | 12 | 0 | 3 | 2 | 242 | 444 | ■ | ■ | ■ | ■ | ■ | | | | | | 120 |
| 79 | Peach, Raspberry & Watercress Salad with Five-Spice Bacon | ■ | 285 | 23 | 4 | 9 | 3 | 364 | 459 | ■ | | | | | | | | | | 31 |
| 24 | Smashed Cucumber Salad with Lemon & Cumin | ■ | 81 | 4 | 0 | 2 | 2 | 73 | 224 | ■ | ■ | ■ | ■ | ■ | | | | | | 20 |
| 78 | Watermelon, Olive, Caper & Feta Salad | ■ | 261 | 13 | 0 | 5 | 2 | 389 | 228 | ■ | | | | ■ | | | | 26 | | 20 |
| **SIDE DISHES** | | | | | | | | | | | | | | | | | | | | |
| 55 | Coconut Grilled Corn | ■ | 191 | 23 | 3 | 4 | 4 | 296 | 348 | ■ | | ■ | ■ | ■ | | | | | | |
| 22 | Cucumber-Almond Gazpacho | | 201 | 19 | 1 | 6 | 4 | 357 | 435 | | | | ■ | ■ | | | | | | 195 |
| 21 | Curried Baked Beans | | 195 | 33 | 12 | 7 | 7 | 354 | 511 | ■ | | ■ | ■ | ■ | | | | | | |
| 21 | Five-Spice Baked Beans | | 198 | 34 | 13 | 7 | 7 | 350 | 357 | ■ | | ■ | | ■ | | | | | | |
| 24 | Grilled Eggplant with Sumac Aioli | ■ | 226 | 9 | 0 | 2 | 4 | 356 | 342 | ■ | | | | ■ | | | | | | |
| 59 | Grilled Padrón Peppers with Sherry | ■ | 59 | 4 | 0 | 1 | 1 | 186 | 136 | ■ | ■ | ■ | ■ | ■ | | | | | | 101 |
| 66 | Herbed Tomato Gratin | | 242 | 26 | 3 | 8 | 5 | 389 | 517 | | | | | ■ | | | | 32 | | 40 |
| 21 | New England Baked Beans | | 192 | 32 | 10 | 7 | 7 | 351 | 376 | ■ | | ■ | ■ | ■ | | | | | | |
| 66 | Spiralized Zucchini & Summer Squash Casserole | ■ | 127 | 5 | 0 | 7 | 1 | 263 | 358 | ■ | | ■ | | ■ | | | | | | 36 |
| 21 | Sweet & Spicy Baked Beans | | 191 | 32 | 11 | 7 | 7 | 354 | 361 | ■ | | ■ | ■ | ■ | | | | | | |
| 66 | Tomato & Green Bean Casserole with Spicy Herb Pesto | ■ | 176 | 11 | 0 | 6 | 4 | 233 | 385 | ■ | | ■ | | ■ | | | | 25 | | 35 |
| **VEGETARIAN MAIN DISHES** | | | | | | | | | | | | | | | | | | | | |
| 28 | Hummus & Greek Salad | ■ | 423 | 30 | 0 | 11 | 8 | 463 | 544 | | | ■ | | ■ | | 30 | | 29 | | 25 |
| 16 | Two-Cheese Fusilli with Marinated Tomatoes | ■ | 500 | 52 | 0 | 22 | 7 | 377 | 619 | | | ■ | | ■ | 29 | | | 42 | | 43 |
| 66 | Zucchini, Corn & Egg Casserole | | 244 | 14 | 0 | 17 | 2 | 429 | 448 | | | ■ | | ■ | 20 | 20 | | 21 | | 48 |
| **CHICKEN & TURKEY** | | | | | | | | | | | | | | | | | | | | |
| 67 | Chicken, Peppers & Pasta Casserole | | 444 | 48 | 0 | 26 | 7 | 533 | 576 | | | | | | | | | 47 | | 124 |
| 14 | Fried Chicken Salad with Buttermilk Dressing | ■ | 536 | 34 | 0 | 31 | 5 | 543 | 819 | | | ■ | | | | 27 | | 70 | | 30 |
| 58 | Green Chile Turkey Burgers | ■ | 394 | 18 | 0 | 32 | 3 | 733 | 456 | | | ■ | | | 26 | | | 29 | 23 | 184 |
| 56 | Persian Grilled Chicken | | 370 | 3 | 0 | 42 | 0 | 364 | 451 | ■ | | ■ | | | | | | | | |
| 26 | Slow-Cooker Vietnamese Pulled Chicken | | 157 | 8 | 2 | 24 | 1 | 485 | 342 | ■ | | ■ | | | | | | 66 | | |
| **FISH & SEAFOOD** | | | | | | | | | | | | | | | | | | | | |
| 72 | Angry Lobster | | 303 | 5 | 0 | 25 | 1 | 625 | 414 | ■ | | ■ | | | | | | | 30 | |
| 30 | Crispy Cod Sandwich | ■ | 343 | 30 | 2 | 20 | 4 | 724 | 442 | | | ■ | | | | | | | 37 | |
| 28 | Lemon-Herb Salmon with Caponata & Farro | | 450 | 41 | 3 | 35 | 8 | 562 | 1109 | | ■ | ■ | | | | | | 35 | 100 | 91 |
| 72 | Lobster & Corn Chowder | | 426 | 43 | 0 | 18 | 4 | 691 | 997 | ■ | | ■ | | | | 23 | | 39 | 29 | 37 |
| 56 | Plank-Grilled Miso Salmon | ■ | 357 | 10 | 3 | 35 | 1 | 715 | 692 | ■ | | ■ | | | | | | | 121 | |
| **BEEF & PORK** | | | | | | | | | | | | | | | | | | | | |
| 18 | Honey-Paprika-Glazed Steak & Onions | ■ | 350 | 14 | 9 | 26 | 1 | 415 | 365 | ■ | | ■ | | | | | | | 38 | |
| 55 | Pulled Pork with Peppered Vinegar Sauce | | 424 | 28 | 6 | 31 | 4 | 770 | 536 | | | | | | | | | | | |
| 65 | Tamari-Ginger Meatball & Eggplant Casserole | | 369 | 27 | 4 | 26 | 4 | 598 | 510 | ■ | ■ | ■ | | | | | | | | 26 |
| **DESSERTS & SNACKS** | | | | | | | | | | | | | | | | | | | | |
| 12 | Banana Chocolate S'mores | ■ | 256 | 39 | 19 | 3 | 3 | 92 | 212 | | | | | | | | | | | |
| 12 | Banana Peanut Butter S'mores | ■ | 109 | 19 | 8 | 2 | 1 | 87 | 51 | | ■ | ■ | | | | | | | | |
| 28 | Fig & Honey Yogurt | ■ | 208 | 39 | 12 | 9 | 3 | 117 | 561 | ■ | ■ | | | ■ | 34 | | | | | |
| 12 | Peach Lemon S'mores | ■ | 82 | 14 | 8 | 1 | 0 | 52 | 27 | | ■ | ■ | | | | | | | | |
| 12 | Pineapple Coconut S'mores | ■ | 127 | 19 | 11 | 1 | 1 | 39 | 58 | | | ■ | | | | | | | | |
| 12 | Raspberry Apricot S'mores | ■ | 71 | 15 | 8 | 1 | 1 | 36 | 24 | | ■ | ■ | | | | | | | | |
| 12 | Strawberry Nutella S'mores | ■ | 76 | 13 | 7 | 1 | 1 | 21 | 22 | | ■ | ■ | | | | | | | | |
| 32 | Turkish Coffee Float | ■ | 112 | 21 | 11 | 4 | 0 | 84 | 199 | ■ | ■ | ■ | | ■ | | | | | | |

**FOR MORE INFO ON OUR NUTRITIONAL ANALYSES:** eatingwell.com/go/guidelines



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"I hear a lot: 'I was scared of bees until I started following you on Instagram,'" Kearney says. "Once you know something about bees, you have this whole new respect." Follow the buzz: *@girlnextdoorhoney*

# The Modern Beekeeper

## Hilary Kearney spreads honeybees and beekeeping know-how one backyard at a time. By Lucy M. Casale

**WHO SHE IS** Hilary Kearney is overseeing a dance-off. The winner, she tells her swarm of elementary schoolers, chooses which tree the group "flies" to. Kearney wears winged eyeliner and is an enthusiastic storyteller. "OK! We just landed in our new home, so the first thing we need to do is build combs. All my construction worker bees: Make a chain, link arms!" So begins "The Story of Bees," a game Kearney invented about a day in the life of a bee. It's just one of the 30-year-old beekeeper's outreach programs from her San Diego business, Girl Next Door Honey. Her mission: "Educating people about bees and how awesome they are."

**WHAT SHE DID** Kearney got hooked on honeybees thanks to her college boyfriend (now fiancé). She bought him a bee book, then read it too. At the time, backyard bees weren't legal in San Diego, but Kearney didn't care. She built her own hives from free online plans, scrap wood and free Craigslist honeybees. Word about her hobby spread to friends, neighbors and acquaintances. Did she offer bee removals? Beekeeping classes? Honey? Her business "blew up organically." Today she offers a variety of services, from school presentations to hive tours to her trademark Host-a-Hive program, where she installs and maintains hives in people's backyards.

**WHY IT'S COOL** Commercial beekeepers are losing about 40 percent of their hives every year, but Kearney's loss rate is under 10 percent. She believes her bees fare better because they have fewer stressors. Her 90 backyard hives are permanent, versus conventional beekeepers' hives, which are moved around to pollinate crops. Hers are not in agricultural settings exposed to pesticides. And they're geographically separated, buffering disease spread. Today, San Diego allows backyard hives. "I would love to see San Diego become even more bee-friendly," she adds. "Stop using pesticides and start planting city spaces for bees."

CAM BURKE

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## GARDEN-FRESH SUMMER SALAD

*This tasty salad can be made year round with any cooked Lundberg rice, grilled corn and fresh spinach. Add in a can of rinsed and drained black beans for a heartier salad.*

*Ingredients*

**1 cup Lundberg Long Grain Brown Rice**
**4 ears of fresh corn, husked & silks removed**
**2 cups cherry or grape tomatoes cut in half**
**1 cup fresh arugula leaves or spinach**
**1 fresh jalapeño, seeded and thinly sliced**
**1 cup red onion, cut into thin wedges (approximately 1/2 small red onion)**

*Dressing*

**4 Tbsp. red wine vinegar**
**3 Tbsp. olive oil**
**Salt and Pepper to taste**

*Preparation*

Prepare Lundberg Long Grain Brown Rice according to package directions and cool. Grill corn. Let ears cool, and then trim the corn off the cob by cutting closely to the cob in long strips. Carefully lay aside. Combine cooled rice, halved tomatoes, onion, jalapeño and arugula in a serving bowl. Carefully arrange corn strips on top of rice mixture and drizzle the salad dressing over all. Refrigerate at least an hour before serving.

*Find more delicious recipes at Lundberg.com*